

# Breakfast nook popular meal site

By Tara Marion

Many nutritionists consider breakfast the most important meal of the day, so it seems logical that an extension of the kitchen, the breakfast nook, is named after it.

The popularity of the breakfast nook exceeds that of the formal dining room, with many people eating 75-80 percent of their meals there, according to builder Bill Eichelberg, whose Parade home is at 5888 Rolling Pines Court.

Because children have a tendency to spill their drinks or make a mess at mealtime, parents often have their families eat meals in the breakfast nook.

Therefore, "convenience," said Eichelberg, is the key to breakfast nooks' popularity.

Builder Rick Fellows, of Fellows Construction Co. agreed and added that most of the new homes he builds have two separate eating areas: the breakfast nook and the formal dining room.

With the dining room still available for major family dinners, the breakfast nook acts as an informal dining area, which is often more practical.

Because the breakfast nook is close to the kitchen, shifting from meal preparation to setting the table is an easy transition.

It's an eating area for everyday family use," said Fellows, who has one is his Parade home at 1371 Ashton Woods Court in Portage.

Although the term "breakfast nook" implies that the area is separate from the rest of the kitchen, Eichelberg said this isn't necessarily true. "Typically, a breakfast nook would be just a little spinoff of the kitchen area, maybe separated by an eating bar," he explained.

Fellows' kitchen illustrates this concept with an eating bar peninsula equipped for three to four barstools, compared to his breakfast nook, which is a 12-by-10-foot area with a French door leading to a deck. "The door is actually a full glass door, so it's a clear view," he added.

Eichelberg explained the setup of his Parade home's breakfast nook in relation to the kitchen, saying, "It's kind of tucked at the end of the kitchen."

Kitchen cabinets stop short of the breakfast nook, and by adding a desk and telephone, the homeowners could create an instant office space, while also creating more of a visual separation between the kitchen nook areas.

The breakfast nook itself has two walls, and depending on its configuration, a 4- or 5-foot table could be placed here.

There is also an 8-foot French patio door, opening into a four-season porch. "You could go from the breakfast area of the porch to read the paper on a Sunday morning," he said.

The porch area has sliding glass doors that lead to a multi-terraced deck where the homeowners could grill food for dinner in the breakfast nook area—thus underscoring Eichelberg's design for convenience. The smooth transition from food preparation to setting the table makes meal time easy and enjoyable.