

Get Smart

Back to School

Kids need good nutrition to help them stay alert and learn at school. Fruits and vegetables are a big part of good nutrition.

BREAKFAST

Start the day off right with a nutritious breakfast.

- Add banana, raisins, or blueberries to your child's favorite breakfast cereal, waffles or pancakes.
- For an extra easy, hearty breakfast, try Muesli (recipe on back). You simply soften oats in water overnight, and the next morning add apple, raisins, nuts, milk, and honey. Delicious!



LUNCH



Do you pack a lunch for your children?

- Consider filling a thermos with their favorite vegetable soup, such as tomato or vegetable and noodle soup. You also might try the recipe for black bean and veggie soup (on the back).
- Add chunks of fruit to low-fat plain yogurt. Don't have fresh? Use canned pineapple, peaches or pears in juice pack (drain the liquid out first).
- Have your kids help you fix their lunches the night before to avoid a mad rush in the morning. Let them choose what fruits and vegetables they want.

Visit www.fruitsandveggiesmatter.gov
for more great tips and recipes.



AFTER SCHOOL SNACK

Don't forget to add some fruit and vegetable power for after-school activities!

- Pack some dried fruit and nuts to fuel their sports, music, or other activities after school.
- If your children come home after school, be ready with fresh apples or bananas or finger-food veggies in the refrigerator.

Muesli

Muesli is traditionally eaten at room temperature, but feel free to heat it in the microwave for 30 seconds for a warm breakfast treat.



- 3 Tbsp rolled oats
- 6 Tbsp water
- 1 apple
- 2 Tbsp lemon juice
- 1 Tbsp raisins
- 1 Tbsp chopped mixed nuts
- 7 Tbsp low/non-fat milk
- 2 tsp honey

1. At night, before you go to bed, put the rolled oats into a large bowl and pour the water on top. Refrigerate.
2. In the morning, peel the apple, cut it in half and then grate it. Add it to the bowl and then stir in the lemon juice.
3. Gently stir the raisins and nuts into the softened oats. Pour a small amount of milk on top of the oats, and then drizzle the honey on the top of the milk. (Makes 1 serving.)

Nutrition info per serving*: Calories 410kcal; Fat 8g; Sodium 65mg; Carb 78g; Fiber 10g; Protein 11g; Vit A 6%; Vit C 40%; Calcium

Black Bean Soup with Veggies

Cook this soup while you are at work and when you return home dinner will be ready for the entire family. Substitute mixed frozen veggies in place of carrots, celery and onions for an even easier meal (thaw with cool water first).

- 3 carrots, thinly sliced
- 2 celery ribs, sliced
- 1 onion, chopped
- 4 garlic cloves, diced
- 20 oz can black beans, rinsed and drained
- 28 oz can low sodium vegetable broth
- 15 oz can crushed tomatoes
- 1-1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp hot pepper sauce

1. Combine all ingredients in a slow cooker/crock pot. Cover,
2. Cook on LOW for 9-10 hours. (Makes 8 servings.)

Nutrition info per serving*: Calories 120kcal; Fat 2g; Sodium 350mg; Carb 20g; Fiber 6g; Protein 7g; Vit A 110%; Vit C 15%; Calcium 6%; Iron 15%

What you do at home to provide your children with food at school sets an example for them. You can also influence what your school provides. Get involved with other parents and the teachers at the school to advocate for fruits and vegetables to be provided at lunch and at breakfast, if breakfast is served at their school. For more information about healthy foods at school, check out these web sites:

http://www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html
http://www.frac.org/pdf/wellness_guide2006.pdf



*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories