Food for Thought

Back to School Nutrition Tips

As a new school year begins, it is important to remember the important role nutrition plays in assuring a successful school year. Good nutrition and learning go hand in hand. Here are a few back to school nutrition tips suggested by the American Dietetic Association:

Start each day with a healthy breakfast
Breakfast is known as the most important meal of the day, yet 35% to 40% of all Americans skip breakfast. Those who eat a morning meal tend to perform better in school, score higher on tests, have higher school attendance and less tardiness, and have better concentration and muscle coordination. Also, kids who eat breakfast have fewer hunger-induced stomachaches and are less likely to be overweight.

You may be wondering how to get a child to eat breakfast.
- Set aside 10 to 15 extra minutes to eat, just wake up a little bit earlier if needed. You can make breakfast fun by planning and preparing it with your child. Work together with your child to get it done.
- If your child doesn’t like traditional breakfast foods, don’t worry — breakfast foods can be any food they like, even a slice of pizza. Keep quick-to-fix foods on hand or get breakfast foods ready the night before, such as mixing a pitcher of juice.
- If kids say they are not hungry, start them out with something light like juice or toast and send them off with a nutritious mid-morning snack such as yogurt, cheese or a bagel.

Choose a nutritious lunch
In recent years schools have improved the nutritional quality of food served and designed the meals to supply about 1/3 of a child’s nutrition needs. The current meal standards include increased availability of fruits, vegetables and whole grains, reduced sodium and age-specific calorie guidelines. Keep the school lunch menu in your kitchen and talk with your child about the importance of choosing and eating nutritious foods. If your child prefers to pack a lunch from home, let them help you plan and prepare a nutritious lunch that is easy to prepare and fun to eat.

Have healthy after-school snacks readily available
Chances are children will be hungry after school even if they ate a nutritious breakfast and lunch. For after-school snacks, choose foods that supply needed nutrients that they didn’t get in their other meals. Stock up with ready-to-eat fruits and vegetables, popcorn and whole grain cereal. Your child will appreciate the availability of quick healthy snacks.

Healthy Snack Combinations
- Peanut butter sandwich on whole wheat bread
- Apple slices with peanut butter
- Cheese sandwich on whole wheat bread
- Turkey or ham lunch meat with lettuce on whole wheat bread or a tortilla
- Bean dip with tortilla chips or veggie sticks for dipping
- Yogurt parfait (yogurt with fruit and granola or cereal)
- Cheese and ham roll-ups (roll cheese slices & lunch meat slices together)
September 2016

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<th>Monday</th>
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<td><strong>Eat Smart Idaho offers FREE classes that can help limited resource individuals &amp; families learn how to eat well for less!</strong></td>
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<td>Go Lean with Protein Nutrition Demo @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 1:00</td>
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<td>Vary Your Veggies, Focus on Fruit Nutrition Demos @ CAP Food Bank – 4144 Industrial Loop – CDA – 11:00 to 1:00 &amp; CDA Assembly Food Bank – 2200 N. 7th St. – CDA – 2:00 to 4:00</td>
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<td>Get Moving &amp; Build Strong Bones @ Open Arms Pregnancy Center – 1800 Lincoln Way, Ste. 201 – CDA, 4:00 to :00</td>
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<td>Eating Smart Being Active During Pregnancy @ Open Arms Pregnancy Center – 1800 Lincoln Way, Ste. 201 – CDA, 4:00 to 5:00</td>
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<td>Make a Change Nutrition Demo @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 10:00 to 1:00</td>
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**Sources:**
http://missourifamilies.org/features/nutritionarticles/nut64.htm;
http://web.extension.illinois.edu/lms/eb334/entry_10442/

**For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:**

Benewah, Kootenai & Shoshone: 446-1680
Bonner & Boundary: 263-8511
Clearwater, Latah or Nez Perce: 883-2267
Idaho or Lewis: 983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 446-1680
E-mail – kalig@uidaho.edu
Web: www.eatsmartidaho.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program Education (SNAP-Ed), Expanded Food and Nutrition Education Program (EFNEP), the Idaho Department of Health & Welfare Food Stamp Program and University of Idaho. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho’s toll-free number. The USDA, Idaho Department of Health & Welfare and University of Idaho are equal opportunity providers and employers.