

# Food for Thought

September 2019

## Healthy Back to School Tips

It's back to school time. Parents can help ensure success by teaching their children healthy habits. These five healthy habits might take a little bit of planning, but they can make the transition from summer to school easier:



1. **Develop a proper sleep schedule.** Studies show when children don't get enough sleep, it can affect school performance, and lead to higher levels of appetite-stimulating hormones and lower levels of hormones that tell people they're full. General sleep guidelines for children are:
  - Ages 3 to 6 years: 10 to 12 hours per day
  - Ages 7 to 12 years: 10 to 11 hours per day
  - Ages 12 to 18 years: 8 to 9 hours per day
2. **Plan a meal-and-snack schedule.** Snacks should provide nutrients your child needs for proper growth and development (ie. protein, calcium, fiber & iron). Children need 2 or 3 snacks throughout the day. Each snack should be about 125 to 200 calories. If you find your child is going 5 or more hours without food during the day, or they complain at a certain time each day that they are hungry, that is a perfect time to schedule a healthy snack.
3. **Teach your child easy kitchen skills.** School age children can learn age-appropriate skills such as using a toaster, can opener, measuring cup, and a blender. They can use the toaster to make a PB&J sandwich and the blender to whip up a smoothie or simple dip for vegetables. There are many healthy, no-cook recipes available online for kids to master – such as tuna salad and egg salad (have hard-boiled eggs ready in the refrigerator). Once kids learn simple cooking skills, they are able to feed themselves and move on to intermediate cooking skills.
4. **Limit screen time.** Electronic devices such as computers, television, cellphones, video games – and anything else that plugs in – can interfere with your child's sleeping and eating patterns. There should be no electronic devices at any meal. It's also a bad habit to eat in front of the television. It is not only distracting, but it can also interfere with children's ability to tell when they are full, which can lead to overeating.
5. **Get active.** Once cooler weather sets in, children tend to get become less active. Develop a list of fun activities to do with your child that will keep them from spending too much time sitting and more time moving. There are many low or no cost activities offered in schools and communities, so check with your child's school or parks & recreation department for ideas.

### Kid Friendly Recipe Ideas

**Hawaiian Mini Pizza:** Melt cheese on a toasted whole wheat English muffin top with pizza sauce, lean ham and pineapple

**Wake from a Dream:** Ricotta cheese and thin slices of fresh pear on a toasted bagel

**Peanut Butter and Banana Dog:** Peanut butter and banana in a toasted whole grain hot dog roll



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# North Idaho Eat Smart Idaho Activity Schedule

Monday	Tuesday	Wednesday	Thursday
<b>2</b> 	<b>3</b> <u>Healthier Fast Food Demo @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave. – PF – 9:30 to 11:30</u>	<b>4</b>	<b>5</b> <u>Making Smart Drink Choices @ Moscow Hope Center – 1212 W. Pullman Rd – Moscow – 4:00 to 5:00</u>
<b>9</b> <u>Power of Protein Demo @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave. – PF – 11:30 to 1:30</u>	<b>10</b>	<b>11</b>	<b>12</b> <u>Handy Portions Demo @ Moscow Food Bank – 110 N. Polk St – Moscow – 2:00 to 4:00</u>  <u>General Nutrition Demo @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</u>
<b>16</b> <u>Make You're your Grains Whole Demo @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave. – PF – 11:30 to 1:30</u>	<b>17</b> <u>Balance Between Food &amp; Fun Demo @ Deary Food Bank – 405 Main St. – Deary – 11:00 to 1:00</u>  <u>Choosing to Move More Throughout the Day @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave. – PF – 4:00 to 5:00</u>	<b>18</b> <u>Balance Between Food &amp; Fun Demo @ Troy Food Bank – 106 E. 6<sup>th</sup> St.– Troy – 4:00 to 7:00</u>	<b>19</b>
<b>23</b> <u>Recipes for Smarter Desserts Demo @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave. – PF – 11:30 to 1:30</u>  <u>Nutrient Knowledge Demo @ CAP Food Bank – 124 New 6<sup>th</sup> St – Lewiston – 1:00 to 3:00</u>	<b>24</b> <u>Choosing More Fruit &amp; Vegetables @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave. – PF – 4:00 to 5:00</u>  <u>Choosing to Move More Throughout the Day @ Lewiston Library – 411 D St – Lewiston – 5:00 to 6:30</u>	<b>25</b>	<b>26</b> <u>Balance Between Food &amp; Fun Demo @ Potlatch Food Bank – 510 N. Pine St – Potlatch – 10:00 to 12:00</u> <u>General Nutrition Demo @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</u>
<b>30</b> <u>Rethink Your Drink Demo @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave. – PF – 11:30 to 1:30</u>	Sources: <a href="https://hgic.clemson.edu/factsheet/brighten-up-with-breakfast/">https://hgic.clemson.edu/factsheet/brighten-up-with-breakfast/</a> retrieved 08/28/19  This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.		

**Eat Smart Idaho can help you learn how to eat well for less. For information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties  
208-446-1680

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties  
208-883-2267



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