

BACK TO SCHOOL

Smart Snack Ideas

- Fresh Fruit
- Yogurt
- Applesauce (no sugar added)
- Granola
- Fresh Vegetables
- Whole Grain Crackers
- Peanut Butter
- Low Fat Cheese

What's in Season?

Vegetables:

- Broccoli
- Cauliflower
- Carrots
- Cucumbers
- Potatoes
- Peppers
- Squash

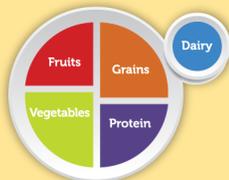
Fruits:

- Apples
- Blackberries
- Pears
- Pumpkin



What Makes a Meal?

Each meal consists of **Five** components:
Meat/Meat, Alternate, Grain, Vegetable, Fruit, and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**

Snack Smart!

Back to school may look a little different this year, but nonetheless, it's still so important to fuel your day with a variety of foods! Snacks play a significant role in providing more energy to help you stay productive throughout the school day, while also satisfying hunger between meal times. Snack time can be fun and creative when there are various snack options. The first question to ask yourself is what kind of snack am I in the mood for. Is it something sweet, or something savory? Taste preference can be just as important as the nutritional content of the snack being prepared!

Snack Sweet: Fruits have all sorts of vitamins and minerals, and tons of fiber. Applesauce and granola contain fiber too. Fiber is especially important when it comes to fullness! Yogurt provides nutrients like calcium and protein. Calcium is a mineral that is critical in building strong, healthy bones, especially at earlier stages in development. Protein is an important source of energy that helps build bone and muscle in the body, while also keeping you fuller longer.

Snack Savory: Vegetables are a key source of vitamins, minerals and fiber, similarly to fruits. Crackers, if whole grain, provide fiber and are a source of starchy carbohydrates which are considered the first food source of fuel for the body. Cheese is a great source of calcium, fat and protein and lastly, peanut butter and hummus are both sources of protein and healthy fats making them excellent spreads/dips! As you can see, the options are endless and there's endless ways to mix and match making yummy, nutritious snacks. So take part and have a snack that's smart!

Article By Mia Funcheon, Cedar Crest College Dietetic Intern
Source: <https://www.healthline.com/nutrition/healthy-snacks-for-kids#section1>

Swing Into September with Seasonal Produce!

September as we know symbolizes the start of a new school year. It also symbolizes the start of new in season produce. As September kicks off the start of Fall, different fruits and vegetables come into the spotlight as "in season". What is "in season produce" you may ask?

In season produce are the types of fruits and vegetables that are readily available during that particular time of the year due to farmer's harvesting cycles. Fruits and vegetables require different climates and growing environments and especially for states like New Jersey, that is always changing from season to season. With certain produce being in season at different times throughout the year, these food items tend to be priced cheaper at grocery stores and can sometimes be found at farmer's markets. The reason for this is because when harvested, this produce is in great abundance so the prices naturally go down. It is beneficial to shop for in season produce because it can be more cost efficient. This is wonderful for your expenses and your health!

So what's in season for the Fall? To name a few starting with fruits, apples, blackberries, pears and pumpkin are in full swing. Broccoli, cauliflower, carrots, cucumber, potatoes, peppers and squash are all very popular Fall vegetables. There are so many ways to incorporate these foods into your meals and to make the most of this seasonal produce!

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For more information, please visit: <https://snaped.fns.usda.gov/seasonal-produce-guide>
Source: <https://cookieandkate.com/september-guide-to-seasonal-produce/>