

MARK YOUR CALENDARS

August 19 - National Potato Day

August 31 - National Eat Outside Day

September 5 - Labor Day

September 13 - National Chocolate Day

September 26 - Better Breakfast Day



Apple Nachos: An After School Snack

Prep time: 5 minutes

Ingredients:

- 1-2 apples (whichever color you prefer)
- Caramel sauce
- Chocolate sauce
- Chocolate chips
- Honey
- Granola (nut-free)

Directions:

- Slice apples into thin wedges
- Drizzle with caramel sauce, chocolate sauce, and/or honey
- Top with chocolate chips, or any other topping that you like such as nut-free granola
- Enjoy!

This tasty snack is a great way to get creative, try new foods, and increase fruit intake!



WELCOME BACK TO ANOTHER SCHOOL YEAR!

TIPS FOR A SUCCESSFUL AND HEALTHY SCHOOL YEAR:

- ◆ **Eat a well-balanced breakfast and lunch to keep energy levels up during the school day. Try to incorporate fruits, vegetables, whole grains, and high-protein foods such as dairy or meat to get a healthy amount of nutrients into your body throughout the day.**
- ◆ **Drink plenty of water. Staying hydrated helps students to stay more focused and retain what they are learning throughout the day. Try aiming to drink about 6 to 8 cups of water per day!**
- ◆ **Get in the habit of keeping an appropriate school week routine for the family to follow. The transition back to school can be challenging at first, but not impossible! Allow enough time for homework, afterschool activities, and between 9-12 hours of sleep to ensure for a great following school day.**



WHAT MAKES UP A WELL-BALANCED MEAL?

A well-balanced meal contains all or most of these food groups which provide different nutrients:

- ◆ **Fruits and vegetables:** Eat different colored fruits and veggies (red, orange, dark green) for a variety of additional vitamins and minerals.
- ◆ **Grains:** Bread, pasta, rice, oatmeal, cereal, and other grain products contain nutrients such as fiber, vitamin B, and iron.
- ◆ **Meat/Meat alternatives:** Chicken, pork, beef, eggs, beans, peas, and tofu are some examples of meat and meat alternatives that contain protein.
- ◆ **Milk:** Milk is a good source of protein and calcium which help to keep the bones strong.

Tip: This year, make it a point to try at least one new food each week, you never know which could end up being your favorite!