

Back to School

By: Sina King, MS; Edited by: Kaylyn Crosier, MS, RD, LD

It's hard to believe that summer is coming to a close and the start of the new school year is upon us! For many, it is back to school, the time of year that comes with new routines, busy schedules, and a list of to do's that could go on and on. Whether you are planning for a busy day of work, running errands, or sending the kids off to school, packing healthy lunches and snacks for the day will keep everyone happy, healthy and focused.

Studies have shown that children do their best in school when they have received enough sleep, are active daily and eat healthy meals/snacks. When being compared to children that do not receive proper nutrition, students with a healthy, balanced diet excel in the classroom, as well as in extracurricular activities. All it takes is a little preparation and planning to feel great about sending your child off to school with the right tools for success. So what's the secret? Having to plan out each day's meals for the whole family isn't exactly easy to fit into a busy schedule; Not to worry! Below are some tips for packing healthy meals and snacks that kids will love!

Getting Started!

Packing a healthy lunch for school can be a quick and easy task that helps the youngsters grow both physically and mentally. However, what we sometimes forget is the importance of snacks throughout the day as well. Children have a smaller digestive system and stomach, which is why their portion sizes during meals are naturally smaller in size and why you typically find them hungry for more a couple hours later. Having snacks throughout the day can give your child the energy he or she needs to achieve!

Some keys to staying organized and prepared:

- The key is to plan ahead!! Making a list of the meals and snacks needed is a great way to stay prepared and organized.
- Simple, easy foods are best!! Keep in mind that making easy, healthy snacks together can be a great way to spend quality time during a hectic day while reiterating the importance of eating healthy.
 - Have fun! Have the child help choose the snack and even assemble the tasty, healthy treat. Studies have shown that kids who help plan and/or prepare their lunch and snacks are more likely to eat them. So make it a family thing!

Fruit/Veggie	Benefits
Apple	-Has cardiovascular benefits from nutrients such as pectin and polyphenols -Contains Fiber and Vitamin C -Blood Sugar Regulation

Cucumber	- Contain phytonutrients that act as antioxidants/anti-inflammatory agents -Contains Vitamin K
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•Oh and don't forget.....Eating breakfast is key to starting off one's day happy and healthy! Skipping breakfast can hinder concentration and energy levels throughout the day; so, whether you're going to work or sending your child off to school, start your day off right with breakfast!



Just because summer is winding down doesn't mean buying our favorite fruits and veggies has to! Not every fruit and vegetable's peak season is during the prime summer months, and this time of year is great for buying apples and cucumbers! Here are a couple easy, healthy recipes that are kid friendly and just plain fun to eat for all ages.

Roast Beef & Cheese Cucumber "Sandwiches"



What you'll need!

Slices of Cucumber

Cold Cuts (Roast Beef low sodium brand *)

Sliced Cheese

Directions: 1. First make sure your cooking area is sanitized and utensils/vegetable cleaned. 2. Peel cucumber and then cut cucumber into 1 inch slices or desired thickness with vegetable knife on cutting board. 3. cut sliced cheese and roast beef

into a 3 by 4 inch square. (1 slice of cheese and meat makes about 4 sandwiches!).

1/2 of a 8-9 inch medium cucumber or 1 cup sliced is 1 serving of vegetables

** Can vary choice of cold cut- be creative!!*

Apple Sandwiches



What you'll need!

2 Apples

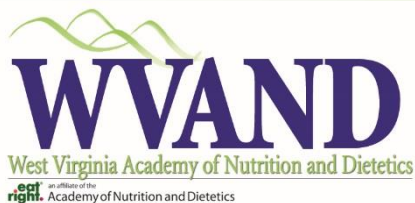
1 Handful Raisins

3 Tbsp Granola

2 Tbsp Peanut Butter

Directions: 1. First make sure your cooking area is sanitized and utensils cleaned, as well as fruit. 2. Core apple and then cut the apple into slices like seen in picture, approximately $\frac{3}{4}$ inch thick. 3. spread peanut butter on apple slices; 1 Tbsp per

sandwich. 4. Sprinkle raisins and granola onto the peanut butter spread and then place apple slice on top for finish. (Makes approximately 2 apple sandwiches)



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