

## A+ Treats for Back-to-School Eats

Check out these genius ideas to keep you and your family happy and healthy when days get busy.

### Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:

#### Tip 1

Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!

#### Tip 2

Perishable food can be unsafe to eat by lunchtime if packed in a paperbag. Use an insulated box or bag instead.

#### Tip 3

Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.

#### Tip 4

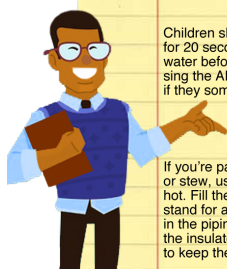
If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.

#### Tip 5

If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot- 140 degrees or above.

#### Tip 6

After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.



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 **TENNESSEE**  
STATE UNIVERSITY  
Supplemental  
Nutrition Assistance  
Program Education

 **SNAP** Nutrition  
Education

Healthy Food. Healthy Moves. Healthy YOU.

adapted from: [www.foodsafety.gov](http://www.foodsafety.gov)



For more tips, take a look inside! ←



## SHOP: Mealtime A Family Affair

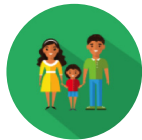


Having Family meals around the table encourages us to spend more time together. Try these tips to help your family enjoy mealtimes together.



### Plan Your Meals

Avoid stress by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.



### Prep Ahead

Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.



### Make Mealtime a Priority

Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!

### Keep Meals Fun and Focused

Keep the family table a media- and stress-free zone. Use your valuable family time to "unplug," interact, and focus on each other.

adapted from: <https://www.choosemyplate.gov/myplate-mywins-tips-making-family-meals>

## Community Nutrition Educators In Action



We would like to send a shout out to our Program Assistant, Stacy Manley, in Lauderdale County. She attended a Health Fair in downtown Ripley, TN.



We would also like to send a shout out to our agent and program assistant in Shelby County. They conducted a food demonstration at the Methodist South Hospital Health Fair in Memphis, TN.

MARVELOUS WORK EDUCATORS! KEEP IT UP! ←



## COOK: Smart Breakfast Choices

### Choose one from each group

#### Grain

- Whole-wheat tortilla
- Whole-grain bagel
- Whole-wheat pita bread
- Whole-wheat toast
- Low-fat granola bar
- Oatmeal
- Whole-wheat toaster waffle
- Whole-grain cereal

#### Protein/Dairy

- Low fat milk
- Low fat string cheese
- Low fat cottage cheese
- Low fat yogurt
- Peanut butter
- Hard cooked egg
- Hummus
- Low fat ham or turkey

#### Fruit/Vegetable

- Banana
- Raisins
- Apple
- Grapes
- Orange slices
- Kiwi
- Tomato juice
- Broccoli
- Sliced Tomato
- Other in season fruits/vegetables

### Winning Combinations for You and Your Family!

Use the list above to create three different breakfast combinations for you and your family. Feel free to add your own items. Remember, your goal is to include a grain, protein/dairy, and fruit/vegetable.

#### Breakfast 1

Grain\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Protein/Dairy\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Fruit/Vegetable\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

#### Breakfast 2

Grain\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Protein/Dairy\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Fruit/Vegetable\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

#### Breakfast 3

Grain\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Protein/Dairy\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Fruit/Vegetable\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



## EAT: Grab And Go Breakfast

1. Top toasted whole wheat bread with a slice of ham and tomato.
2. Spread a thin layer of peanut butter over whole wheat toast. Eat it with an apple or another piece of fruit.
3. Use a microwave to warm up leftovers from dinner.
4. Wrap scrambled eggs in a whole wheat tortilla. Eat and wash it down with a glass of milk.

adapted from: Cooking Matters

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## COOK: Snack-Attack

1. Think of snacks as mini meals and combine two or more food groups for a healthy snack.
2. Choose snacks with protein from milk, nuts, eggs or lean meats to help them feel full longer. Add foods like fruits, grains or vegetables for energy.

### Dairy



- String cheese and fruit
- Milk or yogurt smoothies with juice and sliced bananas or strawberries
- Cottage cheese or yogurt with fruit (fresh or canned)
- Fat-free or 1% milk

### Fruits and Vegetables



- Raw vegetables with low-fat yogurt, cottage cheese or hummus
- Baby carrots, celery sticks or cucumber slices
- Apples and cheese – pears and other fresh fruits work, too!
- Snack-size applesauce
- 100% fruit juice box

### Protein and Grains



- Whole-grain crackers with cheese or peanut butter
- Whole-grain cereal with milk
- Baked potato chips, or tortilla chips with salsa
- Popcorn – air popped or low-fat microwave
- Pretzel sticks and a glass of milk
- Trail mix with nuts and dried fruit

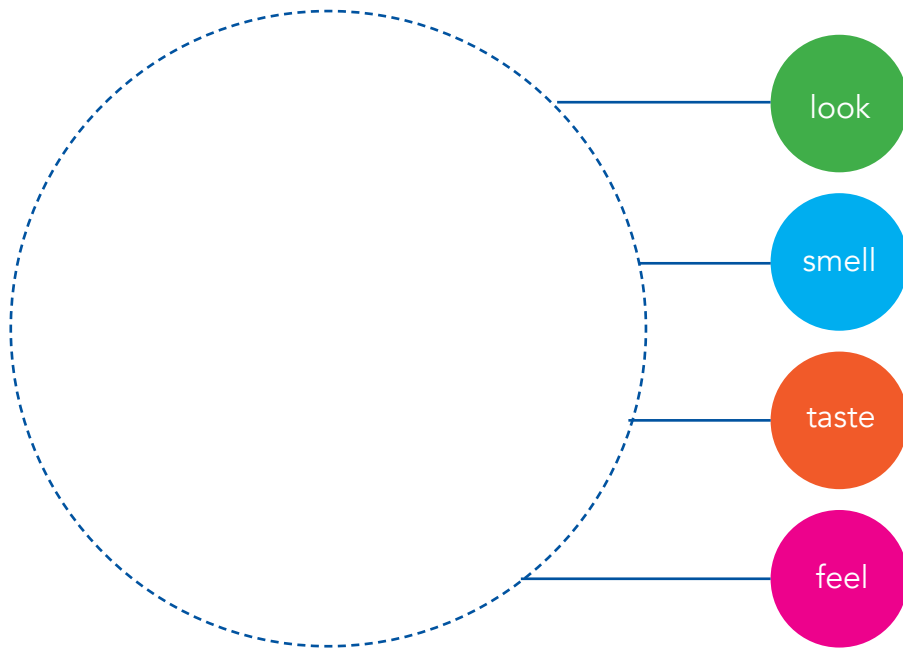
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This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. TSU is an equal opportunity provider.



# Kids Food Critic Activity

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



Look					Smell					Taste					Feel				
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1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
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Score



Serve it again?

YES NO

adapted from: USDA



- 3 cups chopped apple or other fruit (fresh, canned, or frozen)
- 2 cups low-fat yogurt, plain or vanilla
- 1 1/2 cups low-fat granola or your favorite whole grain cereal

Yield: About 12 1/2-cup servings

## What To Do:

1. Drain canned fruit; thaw frozen fruit
2. Cut fruit into bite-size pieces
3. Place 1/4 cup of fruit in bottom of cup or bowl
4. Spoon 2-3 Tbsp yogurt on top of fruit
5. Spoon 2-3 Tbsp cereal on top of the yogurt

**Fruit Ideas:** Apple, banana, or fresh, canned, or frozen peaches, pineapples, strawberries, blueberries, etc.

**Cereal ideas:** Low-fat granola or a whole grain cereal with flakes and clusters. If use granola, use plain yogurt since granola is usually sweet.





## EAT: Smart Lunch Choices

### Take it with you:

Create your own  
Lunch/Snack bag.



### Ideas for Lunch/Snack bag if you don't have a cooler or will not have access to a refrigerator:

- Peanut butter sandwich
- Dry unsweetened cereal
- Fresh Fruit
- Rice cakes
- Mini-boxes of raisins or other dried fruit
- Pretzels
- Graham crackers
- Small bag of peanuts or other nuts
- Low-fat granola bars
- Baked chips
- Low-fat crackers
- Bottled water



### If you have access to a refrigerator or cooler you can take additional items:

- Turkey sandwich (or other low-fat meat)
- Baby carrots
- Yogurt
- Pudding
- Cottage Cheese
- String Cheese
- 100% Juice
- Low-fat milk



adapted from: FESMM, North Carolina Extension

Looking for more tips on back-to-school meals?

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