

# Nutrition Improves School Success

## Begin With Breakfast

Children who go to school hungry tend to have more challenges in school, including lower academic achievement and a high incidence of absences.

Breakfast gives you energy, makes you feel better, keeps you from getting hungry later in the morning, and helps you maintain a healthy weight.

No time? Make breakfast the night before. Choose low fat milk, high-fiber cereal, fruit, boiled eggs, whole-grain bread or English muffin. Take it to go by choosing string cheese, low-fat yogurt, dry cereal in a bag or a banana. Or, try a delicious smoothie like this one to sneak in even more fruits and veggies.

Source: <https://articles.extension.org/pages/61681/breakfast-a-good-start>



## Popeye Power Smoothie

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- Crushed ice

### Directions:

Combine all ingredients in a blender.  
Puree until completely smooth.  
Serve immediately.  
Refrigerate leftovers within 2 hours.

Check out this and other recipes at [FoodHero.org](http://FoodHero.org).

## Tips for Packing Quick, Healthy Lunches



- ◇ Choose whole-grains. This doesn't have to be bread. Try something new by packing quinoa, brown rice or whole-grain pita pockets instead.
- ◇ Protein doesn't have to mean meat. Beans, hummus, and nuts are all great sources of protein.
- ◇ Stay away from cold-cuts. These are sneaky sources of sodium. Choose grilled chicken, egg whites, or lean pork instead.
- ◇ Pack a veggie dip. Make vegetables more fun and tasty!
- ◇ Avoid added sugars, trans-fats, and saturated fats in snacks. Instead of cookies and chips, keep your kids full with popcorn without the butter, fruit chips or string cheese.
- ◇ Save time by organizing portion sizes. Sort out your fruits and veggies for the week by putting daily portions into plastic bags, or freeze single-servings of soup for quick re-heating in the morning.
- ◇ Keep your snacks, juice boxes and fruit cups all together in a bin to make a quick grab-and-go lunch.
- ◇ Support your School Lunch Program. These meals are packed with nutrition!!!

Source: <https://articles.extension.org/pages/71202/tips-for-packing-quick-healthy-lunches>



### Rhonda Peters, FCS Agent

NCCE Montgomery County  
203 West Main Street, Troy NC 27371  
Rhonda\_Peters@ncsu.edu  
(910) 576-6011

NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, genetic information, national origin, political beliefs, race, religion, sexual identity (including pregnancy) and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.