

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.

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>



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