

August
2022

EAT BETTER FOR LESS

EatGatherGo.org

Fresh Start: New School Year, New Healthy Habits

August is Kids Eat Right Month. Nutrition plays an important role in a child's health, so let's get everyone back to school and work with some healthy goals.



Plan ahead for breakfast.

Try overnight fruit and oatmeal, a quick smoothie with yogurt, milk, and fruit, or bake healthy muffins or quiche cups to warm up quickly in the morning.



Include each food group in your lunch.

Get the kids involved in choosing which foods to pack and which food group they cover by making a checklist.



Meals don't need to be fancy to be healthy.

Don't be afraid to make meals ahead of time and freeze them for lunches. Don't forget to hydrate.



Keep a variety of healthy individually wrapped goodies (fruit cups, popcorn, whole grain crackers, cut-up veggies, etc.) handy.



Be a healthy role model.

Go grocery shopping together, cook meals and prepare snacks together, keep things positive around food choices, and set a good example with food variety and physical activity.



For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



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Purduenep



Purdue Extension
Nutrition Education Program



Overnight Oatmeal

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple)

Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids. Refrigerate leftovers within 2 hours.

For more kid-approved recipes, visit <https://www.eatgathergo.org/recipes/?meal=26#recipe-selection>.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-vegetable-packets>