



KEYS TO BETTER HEALTH™



Back To School

The beginning of the school year often means busier schedules, and sometimes healthy habits can get pushed aside when time is limited. Keep nutrition a priority, even on the most chaotic days. Incorporate the following tips to maintain your family's health throughout the school year.

Begin the day with Breakfast

- Children can concentrate more fully and do better in school when they are not hungry.
- Studies show that those who eat breakfast consume more dietary fiber, B vitamins, calcium, and iron than those who do not eat breakfast. ¹



Include children when packing lunch

- Talk to your child and make a list of favorite foods he/she enjoys for lunch.
- Take the child on a shopping trip to purchase those favorite foods. Let the child help put the foods away so he/she knows where the foods are in the kitchen.
- Portion out in advance any vegetables or snack foods that were purchased at the store.
- Show the child that a healthful lunch includes an entrée such as a sandwich, a fruit, vegetable and a side such as pretzels, crackers, or a granola bar, a beverage, and an occasional treat.
- To reduce stress in the morning, pack the lunch in evening after dinner.

Brainstorm new ideas for variety

- Pick up some 100% whole-wheat tortilla wraps or pita pockets, and fill them with lean meat, vegetables, and avocado spread or hummus for a great lunch options.²
- Don't forget leftovers from dinner the night before, using a thermos or ice pack to keep foods hot or cold.

Keep them hydrated

- Remember to pack along a water bottle for each child, to keep him/her hydrated. Low-fat milk is a great option, as well, as long as it can be kept cool until it is consumed.
- Promote smart snacking
- Make sure to have fresh, frozen, and canned fruits and vegetables, low-fat dairy products, and whole grain crackers on-hand for snacking at the end of a long school day.
- Have cut up vegetables ready to eat in the refrigerator for a quick, handy snack after school.

Sources:

1. MyPlate Guide to School Breakfast. USDA website. https://fns-prod.azureedge.net/sites/default/files/tn/SB_Infographic_81216a.pdf. Accessed 2/15/18.
2. Meal Planning: How to Pack a Healthy School Lunch. American Heart Association website. http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyCooking/How-to-Pack-a-Healthy-School-Lunch_UCM_445184_Article.jsp#.WoXurkxFwkF. Accessed 2/16/18.

Keys To Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags!

