

August  
2022

# EAT BETTER FOR LESS



## 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>



@PurdueNEP



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>