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FOOD SAFETY

Don't rinse off your chicken. Rinsing chicken can spread germs around your kitchen. Cooking to 165F will kill off any bacteria you may have washed off.

Food for Focus

School is back! Whether classes are taking place in the classroom or via Zoom in the living room, students need to maintain healthy habits for focus and brain function. Establishing positive habits is always helpful when adjusting to a new schedule.



Start every day on the right track with a nutritious breakfast. A well-balanced breakfast will fuel students through their morning academics and leave them with their highest functioning abilities. Easy breakfast meals for students to make themselves include:

Instant oatmeal: Add dried or fresh fruit, chia seeds, or flaxseeds for extra fiber to keep you full longer! (You can also try the recipe for overnight oats on Page 2).

Dry cereal: A classic bowl of cereal with animal or plant based milk can never go wrong. Try cereals that are made with whole grains and limited amounts of sugar.

Eggs: There are a million ways to cook eggs. Try boiling or scrambling them for a quick and easy breakfast. Add a slice of whole wheat toast or a small bowl of fruit for more flavor and fiber.

Toast: Use whole wheat sliced bread as a plate for different flavors and meals. Add peanut butter and bananas or Greek yogurt and fresh berries to balance fiber, carbohydrate, and protein intake.

Throughout the day students need to refuel to maintain their focus and energy. Easy lunch ideas that kids and teens can make themselves at home or bring with them to school include turkey and cheese wraps, low-sodium canned soup, cheese quesadillas, or pasta salad with veggies and chicken.

If staying at home, students can have small snack breaks by eating fresh vegetables such as baby carrots or sliced cucumbers. Trail mix is also an easy midday or mid-morning snack option. Look for products with at least 3 grams of fiber per serving to help kids stay full.



Overnight Oats

Waking up to a fresh batch of overnight oats will start your day on the right track. They are a blank canvas so get creative and add your favorite fruits, nuts/seeds, liquids, and spices to make it your own!

Ingredients

- 1/3 to 1/2 cup liquid such as dairy milk, almond, cashew or coconut milk
- 1/3 to 1/2 cup old-fashioned rolled oats
- 1/3 to 1/2 cup yogurt, optional
- 1 teaspoon chia seeds, optional but highly recommended
- 1/2 banana, mashed, optional

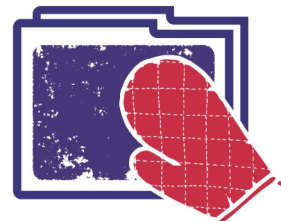
Directions

1. Add milk, oats, yogurt, chia seeds, and banana to a jar or container with a lid. Stir and cover. Refrigerate overnight or for at least 5 hours.
2. In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, granola, coconut, or spices.
3. Mixture will last up to 4 days in the refrigerator and 2 days with added bananas.

Writer's Choice: Mix together oats, almond milk, maple syrup, vanilla extract, cinnamon, and flaxseeds. After soaking overnight, top the mixture with diced apples and a little extra cinnamon. This is great as cold oats but is even tastier when heated in the microwave for about 30 seconds and topped with almond butter!

Makes 1 serving

Recipe adapted from Food Network



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Nutrition Facts

Overnight Oats
Amount Per Serving

Calories 387	Calories from Fat 207
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 17g	85%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 15mg	5%
Sodium 64mg	3%
Potassium 661mg	19%
Total Carbohydrates 40g	13%
Dietary Fiber 5g	20%
Sugars 13g	
Protein 10g	20%
Vitamin A	4%
Vitamin C	7%
Vitamin D	0%
Calcium	19%
Iron	24%

* Percent Daily Values are based on a 2000 calorie diet.

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our online recipe database
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What Can You Do With ... Canned Tomatoes?

Don't walk past them! Canned tomatoes are a quick, easy, and cheap alternative to fresh tomatoes and can be used to create many delicious dishes.

Choosing: When buying canned products always check to make sure the can is not dented and the lid is not bulging. Canned vegetables are often high in sodium so look for no sodium or reduced sodium options on canned tomato products.



Storing: Canned tomatoes are great because their shelf life is long lasting! Canned products like tomatoes can last for years in your cabinet. Be sure to keep them in a cool, dry spot.

Uses: Canned tomatoes can be used in a variety of different dishes. They are a great base for stews, pasta dishes, pizza, soups, and chilis. They are also a great way to spice up snacks such as nachos and bruschetta. Try a variety of canned tomato products such as crushed, diced, and chunky.

Fun fact: Canned tomatoes have been shown to have a greater amount of the antioxidant lycopene than fresh tomato products. Lycopene is linked to reduced risk of cancer and cardiovascular disease.

Hot Salsa

Ingredients

- 4 each jalapeno peppers
- 1/2 cup water
- 1 15-ounce can tomatoes
- 1/2 teaspoon salt
- 1 small onion, chopped
- 1/4 cup fresh cilantro, chopped

Directions

1. Steam peppers until soft. Cool.
2. Put peppers, tomatoes, and salt into a blender and pulse for about 10 seconds.
3. Add chopped onion to mixture and top with cilantro.



Meal Prepping for Success

Meal prepping is a great way to ensure that you eat a nutritious and balanced diet and help stay within your budget. Meal prepping is preparing your meals ahead of time so that they are already cooked or at least prepared to be cooked immediately. You can meal prep for all three meals a day or just a few per week.



Here are some tips for meal prepping your week:

1. Try a two-step meal prep: After grocery shopping, portion your ingredients and freeze and label them. On the day you decide to prep your weekly meals, thaw out the portioned ingredients, cook them, and separate them into containers. This is great for those who decide to prepare meals for weeks in advance.
2. Choose something you like! Eating something that you don't fully enjoy can cause you to dread your meal times, especially when you're eating it more than one day in the week.
3. Choose meals that are different, yet similar. Using similar ingredients can reduce costs, time, and stress that comes with working with too many ingredients. For example, prepare for a chicken and vegetable stir fry and use the leftover chicken and vegetables to make a chicken pasta salad.
4. Keep it simple! Don't stress yourself out by trying to create complex, extraordinary dishes. Simple recipes will also ensure that you aren't spending hours prepping for your week. Chilis, stews, or soups are great meal prep dishes that won't require you standing over the stove for a long period of time.



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**Everyone has a role in ending hunger
in our community. SM**

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September 2020

National Honey Month

National Chicken Month

National Macadamia Nut Day

September 4

National Peanut Day

September 13

National Quesadilla Day

September 25