



## **Back to School Snacks**

Kids are heading back to school. Whether your kids get home hungry or need to bring snacks to school, here are a few tasty, nutritious ideas:

### **After School Snacks at Home:**

- **Yogurt and fruit.** Look for yogurt that is lower sugar. Let your child pick the fruit and you can cut it up into the yogurt.
- **Half of a sandwich and fruit.** Sandwiches aren't only for lunch! Half of a peanut butter and jelly, ham, or turkey sandwich is a great size for a snack especially when paired with fruit.
- **Ants on a log.** Cut celery into 4-inch sticks. Spread peanut butter on celery. Top with raisins.

### **Snacks at School:**

If your kids bring a snack for late in the day and don't have access to a refrigerator, be sure to pack shelf-stable foods. Here are some ideas:

- **Grains** - Look for single-serving options of whole-wheat cereal, granola bars, cereal bars, whole-wheat bagels or popcorn.
- **Fruits and vegetables** - Cut-up raw vegetables, grapes, cherry tomatoes, single-serve applesauce, washed whole fruit (apples, pears, bananas), dried fruit mix and 100% juice boxes are all good options.
- **Trail mix** - Look for options that are low in sugar or make your own.

### **Food Safety Tips**

If you need to pack snacks for your child to take with them to school, choose options that are still safe to eat at the end of the school day. Foods should not sit out unrefrigerated for more than two hours or for more than 1 hour when the temperature is 90 degrees Fahrenheit or above.



### **Apply for SNAP**

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The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, want to apply, or want support on your existing case.

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[GBFB.org/SNAP](http://GBFB.org/SNAP)



## Veggie Couscous

### Ingredients

1 1/2 cup dry couscous (or one 10 oz. box)  
 2 cups frozen mixed vegetables or canned  
 2 tablespoons extra virgin olive oil  
 1 small onion diced  
 1 5 oz. package greens (like kale, collards, or chard)  
 1 cup grape tomatoes cut in half  
 1 teaspoon garlic powder  
 salt and pepper to taste

### Directions

1. Cook couscous according to package directions. Set aside.
2. Cook the frozen vegetables according to package directions. Set aside. If using canned vegetables, drain, rinse, and set aside.
3. Heat olive oil in a large sauté pan. Add the onion and cook for a few minutes. Add in the greens and tomatoes and continue to cook until the greens are wilted. Season with garlic powder, salt and pepper.
4. Add all ingredients into a large bowl, mixing the couscous, veggies and greens together. Season with additional salt and pepper as desired.

Makes 8 servings

### Recipe Tips

You can use any vegetables you have on hand in this recipe. To add protein, drain and rinse one can of beans (like kidney or chickpeas) and stir into the couscous with the vegetables.



## SEPTEMBER 2022

### National Family Meals Month

### Hunger Action Month

### Childhood Obesity Awareness Month

### National Peanut Day

September 3

### International Bacon Day

September 5

### National Linguini Day

September 15