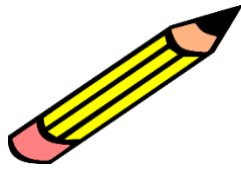


# Back to School



## Nutrition

Do you get anxiety just hearing “back-to-school”? Or maybe you're very ready to get the kids back into routine. Whichever you favor, we all know that nutrition is at the forefront of our thoughts as we transition into the school year. We want to make it easier for your family by giving you a few simple tricks to help make the upcoming days run smoothly in your household. It may seem that we've aimed some of these tips towards your child but know that the same goes for you. Whether in the classroom, office, gym or at home, we all need to be fueling our bodies to perform their best.

### BACK-TO-SCHOOL

#### BREAKFAST & BALANCE, TIME & SNACKS

- **BREAKFAST & BALANCE**

- **WHY?** A balanced breakfast really is key to kicking off the day (and the school year)! Especially when it comes to your child's experience in the classroom. Study after study shows that breakfast can help with focus, behavior and performance in school. Don't think these benefits won't help you too! We too need to fuel early in the day for optimal performance at the gym, office and home too! And BALANCE isn't just important for the first meal of the day. Let us apply BALANCE to all our meals and snacks. What does this mean? Keep reading to find out!
- **WHAT?** Think about the [MyPlate](#) method. Yes, you and your children need to aim to get **each macronutrient** (carbs, protein and fat) or **5 food groups** at each meal. Doing so helps regulate our blood-sugar and keep us full between meals and snacks.
  - **Sample breakfasts:**
    - Greek yogurt + 1 cup of fruit
    - Peach Perfection Smoothie
    - Frozen whole-grain waffle with nut butter spread

- Breakfast burrito (scrambled eggs and cheese inside a whole-wheat tortilla)
- More on [TransFit meal plan](#)
- **Sample lunches:**
  - Turkey and cheese sandwich on whole-wheat bread+ baby carrots and an apple.
  - Peanut-butter and banana whole-wheat wrap + peppers and yogurt dip.
  - 3 bean, quinoa salad with avocado + grapes and milk to drink.
  - More on [TransFit meal plan](#)
- **Sample dinners:**
  - Grilled salmon with sautéed veggies and a whole-wheat dinner roll.
  - Whole-wheat spaghetti with turkey-based sauce and a pinch of parmesan + side salad.
  - Tofu quinoa bowl with steamed veggies.
  - More on [TransFit meal plan](#)
- **TIPS & TRICKS:**
  - Let your child participate in the planning and in making these creations!
  - Stick this easy guide to your fridge to help your family through meal planning.

<b>Fruit</b>	apple, berries, orange, banana, grapes...
<b>Vegetable</b>	peppers, carrots, broccoli, beats, squash...
<b>Protein</b>	fish, poultry, lean beef & pork, beans, meat-alternatives...
<b>Grain</b>	oats, brown rice, quinoa, whole-wheat bread and pasta, barley, farro...
<b>Dairy</b>	low-fat milk, yogurt, kefir and cheese
<b>Fat</b>	nuts and nut-butters, avocado, olive/canola/coconut oils...

## • TIME

- **WHY?** Have you ever met someone who has leisurely school mornings? Probably not. Mornings are hectic and its hard enough to get everyone out the door fully dressed, let alone with a healthy breakfast, lunch and snack! Healthy eating doesn't always have to be time-consuming. Make it easier on yourself by following some of these tips!
- **TIPS & TRICKS:**
  - Use grocery delivery and/or curbside pickup! It is SO worth the fee! It allows you to make your list over the course of the week. Once you select the day you'd like to have groceries delivered/picked-up each week, select the time and voila! You can also keep the staples in your recurring order, so you don't have to re-select them each time.
  - Be sure to have groceries come in on a day you have time to go ahead and wash, dry and prepare foods ahead of time. Think about this: when you have strawberries which still have stems and haven't been washed, you are less likely to reach for these than you are the ready-to-eat snack bags. So, go ahead and make them easy to grab and desirable to eat.

The same can be done for sandwiches, wraps, parfaits, salads and trail-mixes which can be made ahead of time.

- **SNACKS**

- **WHY?** Snacking often gets a bad rap, but if done appropriately, it can be key to staving off hunger between meals. It will also keep you from eating energy-dense (as opposed to nutrient-dense) meals.
- **WHAT?** Similar to the principal used for meals, snacks should contain 2+ food groups to keep you full between meals.
  - **Snack ideas:**
    - Apple and nut-butter
    - Carrots and hummus
    - Yogurt with brown puffed-rice cereal
    - Nuts and a banana
    - Trail mix: nuts, dark chocolate chips + reduced-sugar dried fruit
    - More on [TransFit meal plan](#)
- **TIPS & TRICKS:**
  - Use the table below and pick from 2 groups.
  - There are a couple instances where you can choose from one group. Low-fat greek yogurt and nuts can each be eaten alone, and therefore, do not have to be paired with another group. This is because greek yogurt contains all 3 macronutrients (fat, protein, and carbohydrates), and nuts contain protein and fat. Most other groups, however, contain predominantly **one** macronutrient (carbohydrates, fat or protein).

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