

# Just Say Yes to Fruits and Vegetables



## Fuel Up for Back to School!

It's the most wonderful time of the year! No, I'm not talking about the holidays; I'm talking about back to school time! Summer is great, and family time is wonderful, but it feels good to get back into the swing of things during the school year. Keeping our families fed and fueling our bodies with fresh fruits and vegetables, whole grains, lean proteins, and low-fat dairy is a great way to stay focused and be productive at school and work.

Starting the day with whole grains such as oatmeal or toasty-o's cereal, and fresh (or frozen) fruit such as berries and bananas is a great way to send your family off into the world for the day. Whole grains are full of fiber which will keep you feeling full longer, and fruit has nutrients that help create and maintain strong bodies and minds. Many studies show that sending your child to school with a full belly can help them be a better student because they can focus on the task at hand instead of their rumbling belly. After-school snacks are also important when getting down to homework time. Keep easy hand-held fruits and vegetables on hand for kids to grab when they get home from school. An apple or banana with peanut butter on a slice of whole wheat toast is a great snack for fueling young brains before homework time. Baby carrots with low-fat Greek yogurt ranch dip is also a delicious and healthy snack for everyone to enjoy.

As things get back on track remember that whole grains will keep you and your family full, fruits and veggies give our bodies fuel, and low-fat dairy will keep us strong. A well balanced breakfast is a great way to start the day, followed by a nutritious lunch, and easy, healthy, on-the-go snacks throughout the day for you and your family. These tips will ensure that you have a productive school year ahead!

### **Rainbow Toast:**

Whole Wheat Toast, 1 slice	Granola, 1 Tablespoon, if desired
Ricotta Cheese, 1-2 Tablespoons	Drizzle of Honey, if desired
Fresh Berries ¼ Cup	Sprinkle of Cinnamon, if desired

Spread ricotta on toast, top with berries and granola, drizzle with honey and a sprinkle of cinnamon if desired!



Why not have **Just Say Yes to Fruits and Vegetables (JSY)** visit your agency? We provide free nutrition education, cooking demonstrations, and produce. Please call the nutrition educator in your county listed below.

**Kristyn Bopp, Nutrition Educator, 518-786-3691 x225, [KristynB@regionalfoodbank.net](mailto:KristynB@regionalfoodbank.net) or Denise Schultz, Nutrition Educator, 518-786-3691 x269, [DeniseS@regionalfoodbank.net](mailto:DeniseS@regionalfoodbank.net)** Serving the following counties: Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington

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