



September 2025 JSY Newsletter



Fuel for focus: Back to school!

Packing a nutritious lunch is only half the battle—kids are more likely to eat it when it's fun and appealing. By getting creative with colors, shapes, and variety, you can turn healthy foods into something exciting. A lunch that's both balanced and playful helps fuel learning and build lifelong healthy eating habits.

Broccoli Chickpea Dip

Ingredients:

- 4 cups chopped broccoli
- 2 garlic cloves
- 2 cups cooked chickpeas
- 1 teaspoon cumin
- ½ cup lemon juice
- 2 tablespoons vegetable oil

Directions:

September has arrived, and with it comes packed backpacks and the return of school-day routines. As kids head back to the classroom, one of the best ways to set them up for success is with a lunch that fuels their focus and keeps them energized all day long.

A healthy lunch doesn't have to be complicated. With a little planning and creativity, you can pack meals that are colorful, fun, and nourishing. Think of it as building a balanced plate in a lunchbox—something tasty, exciting, and full of variety.

Start small by prepping fruits, veggies, and snacks ahead of time to make busy mornings easier. Mix and match proteins like hummus, turkey slices, or hard-boiled eggs with whole grains, and don't forget the power of produce—a rainbow of colors not only looks appealing but also packs in important nutrients. Bento boxes, reusable containers, and DIY snack packs are all simple tools that make eating well both practical and fun. And if you let kids choose one fruit, veggie, and snack each day, you'll find they're much more excited to dig in.

This month's featured recipe is **Broccoli Chickpea Dip**—a creamy, flavorful spread that works as a dip for veggies, a topping for crackers, or even as a sandwich spread. Made with broccoli, chickpeas, lemon, and garlic, it's a simple way to sneak in extra veggies while adding protein and flavor. This recipe is great for school lunches or after-school snacks.

So, here's to starting the school year strong—with lunches that are fun, colorful, and nourishing. A little planning goes a long way in keeping kids fueled for learning, play, and everything in between.

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