Just Say Yes
To Fruits & Vegetables

REGIONAL FOOD BANK

September 2025

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.

Plan Ahead – Prep fruits, veggies, and snacks on Sunday to make weekday mornings easier.
Mix & Match – Pair a protein (turkey slices, hard-boiled eggs, hummus) with a whole grain and a fruit or veggie.
Color Counts! – Pack a rainbow of produce to boost nutrition and make lunches more appealing.
DIY Snack Packs – Portion out trail mix, yogurt, or cut veggies into small containers for grab-and-go options.
Fun but Functional – Use bento boxes or reusable containers to keep foods fresh and organized.
Get Kids Involved – Let them choose a fruit, veggie, and snack each day to build excitement.
Swap Sugary Drinks – Pack water or milk and save sweet drinks for a special treat.
Whole grains - Use whole grain bread, crackers, pretzels, and wraps

Broccoli Chickpea Dip

Ingredients:

- 4 cups chopped broccoli
- 2 garlic cloves
- 2 cups cooked chickpeas
- 1 teaspoon cumin
- ¼ cup lemon juice
- 2 tablespoons vegetable oil

Directions:

- In a large pot over high heat bring 2 cups of water to a boil.
- Add broccoli and cook for 5 minutes.
- Rinse broccoli under cold water until cool.
- Puree all ingredients in a blender.
- Serve or chill. Enjoy!
- Refrigerate leftovers.

YOUR NUTRITIONISTS

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