



Wholesome Snack Fun

As we gear up for another year, our nutrition specialists are here to help with some fun ideas to re-fuel after school. Check out our back-to-school snack guide for delicious, nutritious choices that your student will love:

- Opt for a mix of fresh fruits like apple slices and grapes, along with whole-grain crackers and cheese for a satisfying combo of vitamins and energy.
- DIY trail mix with nuts, seeds, and a sprinkle of dark chocolate chips is a great option for an afternoon pick-me-up.
- Greek yogurt parfaits layered with granola and berries are not only delicious but also packed with protein.

By keeping snacks simple, colorful, and balanced, you can make re-fueling fun, while providing your student with the energy they need to tackle homework, practice, or play!

Looking for more after school snack ideas? Check out Read the Label:

<https://www.fda.gov/media/89375/download>



FEEDING AMERICA

As we approach **Hunger Action Month**, we have an incredible opportunity to teach our children about empathy, giving back, and the power of community. The statistics are sobering – millions of children across the country face food insecurity every day. This September let's come together as families to make a difference. Engaging your kids in age-appropriate conversations about hunger and its impact can spark their compassion and desire to help. From organizing a food drive in your neighborhood to volunteering at a local food bank, there are numerous ways to contribute.

Join us in taking action this **Hunger Action Month** and help nurture a sense of social responsibility in our young ones:

<https://www.feedingamerica.org/take-action/hunger-action-month>



Let's Have a Pizza Party!

Get ready to mark your calendars because September 20th is Pepperoni Pizza Day! Why not kick off the fall season with a cheesy celebration? Pepperoni pizza isn't just a delicious treat; it's also the perfect meal to make together as a family. With a few small tweaks, you can make pepperoni pizza a delicious and nutritious DIY dinner option! How? Consider swapping regular crust for thin and/or whole grain, opt for low fat mozzarella, and try some turkey pepperoni instead. All of these swaps bring down the overall fat content, while keeping the protein high. In fact, our school pizza is made much the same way, with whole grains and lean protein, which makes pizza a meal worth celebrating!

Click here to learn more about **Pepperoni Pizza Day**:

<https://nationaldaycalendar.com/pepperoni-pizza-day-september-20>