

Nutrition Newsletter

April 28th – May 2nd 2025

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Snack of the Month: Overnight Oats

This month, your student explored the fun and nutritious world of overnight oats! You can find the recipe used in class on the back of this newsletter. We encourage you to make it a family outing this weekend—head to the grocery store with your child and try out the recipe together!

Try These Combinations!



Peach
Cobbler



Mixed
Berry



Chocolate
Banana



PB&J



S'mores
Protein



Pumpkin
Pie

**OATS ARE PACKED
WITH FIBER, WHICH
HELPS YOU FEEL FULL
AND GIVES YOU
ENERGY THROUGHOUT
THE DAY.**

**PREP THEM
OVERNIGHT TO
SAVE TIME IN THE
MORNING!**

**OATS ARE RICH IN
ESSENTIAL
NUTRIENTS, MAKING
THEM A HEALTHY
CHOICE TO START
YOUR DAY.**

**OATS ARE EASY
TO DIGEST AND
CAN HELP KEEP
YOUR TUMMY
HAPPY!**

Nutrition Information

- Calories: 170 kcal
- Protein: 4 grams
- Carbohydrates: 32 grams
 - Fiber: 4 grams
 - Sugar 12 grams
 - Fat: 4.5 grams
 - Omega-3s (flaxseed): 1.5 grams

Cost

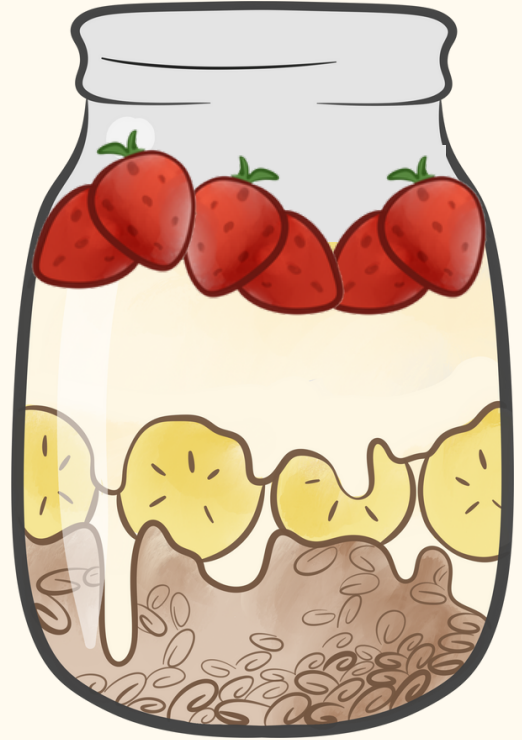
All of these ingredients should yield about 30 servings of overnight oats!

- Oats: \$3.98
- Flaxseed: \$3.48
- Milk: \$2.73
- Honey: \$3.94
- Frozen Fruit: \$3.00
- Peanut Butter: \$1.94

**TOTAL :
\$19.07**

Ingredients:

- ¼ cup oats
- 1 cup of desired fruit
- 1 spoonful flax seed (1 tsp)
- ¼ cup soy milk
- drizzle of honey



Steps:

1. Add ¼ cup oats to a small container with a lid
2. Slice desired fruit and mix into the oats
3. Sprinkle 1 spoonful of flaxseed
4. Pour in ¼ cup soy milk and mix everything
5. Optional: drizzle a little honey on top
6. Cover and refrigerate overnight
7. Stir well before eating, Enjoy!

*Add a scoop of protein powder or a spoonful of peanut butter or almond butter for extra protein!

SIMPLE AND HEALTHY RECIPE

Fruity Overnight Oats