

# September

# NUTRITION ED. NEWSLETTER

## PICK A BETTER SNACK

We are excited to offer the *Pick a Better Snack* program, funded by Iowa Health and Human Services grant, to all first and third grade students across our 10 elementary schools in the Council Bluffs Community School District. This engaging program brings a nutrition educator into classrooms once a month for a 45-minute session. During each visit, students explore the benefits of fruits and vegetables through fun, hands-on activities. They also learn to prepare simple, affordable recipes using just a butter knife-making it easy and safe to recreate these healthy snacks at home. This initiative is part of the district's commitment to promoting healthy habits and empowering students to make nutritious choices. By integrating practical food skills into their learning, we aim to inspire lifelong wellness.

We believe that introducing students to healthy eating habits early on sets the foundation for a lifetime of wellness.

Participating Schools:

Bloomer Elementary, Carter Lake Elementary, College View Elementary, Edison Elementary, Franklin Elementary, Hoover Elementary, Lewis & Clark Elementary, Longfellow Elementary, Roosevelt Elementary, and Rue Elementary

## HEALTHY HIGHLIGHT:

- **Zucchini** is high in vitamin C and fiber – great for immune health and digestion
- **Onion and Tomatoes** add flavor and antioxidants
- **Lime Juice** adds a splash of vitamin C and tangy freshness.

