

Nutrition Ed. Newsletter

April 2025

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