

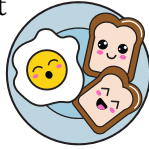
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## Start Your Day Off Right!

Research shows that eating breakfast helps with focus, attention, memory, and overall energy levels<sup>1</sup>- things we all need whether we are at school or work! A balanced breakfast consists of a healthy source of **carbs** (fruit/whole grains), **lean protein** (eggs, low-fat dairy, lean ham or turkey), and **healthy fats** (low-fat dairy, avocado, eggs). Don't have a huge appetite in the morning? No worries - even a light breakfast offers similar health benefits!

As a reminder, breakfast and lunch are **free** for the 2021-2022 school year, so send your kids our way for a balanced meal!



## Quick, Healthy Breakfast ideas:

**Fruit Smoothies:** Add any fruits you like along with yogurt (try greek yogurt for more protein!) and your milk of choice.

**Mini Egg Bites:** Make it right in a muffin tin! Click [here](#) for the recipe.

**Avocado Toast with Egg:** You can pay \$12 for this at a restaurant or make it at home for way less! Click [here](#) for the recipe.

To read more about the benefits of breakfast, check out this [fact sheet](#).

## Meals Made Smarter, Not Harder

Now that summer is winding down, it seems like our free time is too. Your kids are back in school, their fall sports/activities are picking up, you have long days at work, and you're trying to put a healthy meal on the table. It is a lot to handle, but healthy eating is possible no matter what circumstance you're in! Here are some helpful tips:

- **One-pot meals:** A slow cooker can cost as little as \$20 and you can use it to make so many healthy meals. You can set it in the morning before work and come home to a cooked meal. Also, it makes cleanup much easier. Google "healthy slow cooker meals" for endless ideas. An Instant Pot is also a great option.
- **Plan, Plan, Plan:** Plan your meals for the upcoming week and grocery shop for everything in one day. This will save a bunch of time and ensure there will be healthy food in the house.
- **Buy Versatile Ingredients:** Get ingredients that can be used for multiple dishes. For example, rotisserie chickens are inexpensive and you can use them for chicken salad, pulled BBQ chicken, chicken noodle soup, and much more. Frozen veggies and canned tuna are other versatile options to have on hand.
- **Batch Cook:** Cooking a couple of different dishes in large batches and storing them in the fridge gives you easier access to prepared foods during the week. It's a time investment, but it definitely pays off. Make a little extra and freeze the leftovers for a convenient meal in the future (ex: chili, curries, stews).



## RECIPE: CRISPY ROASTED CHICKPEAS

RECIPE FROM [THE KITCHN](#)

- 2 (15 oz) CANS CHICKPEAS
- 2 TABLESPOONS OLIVE OIL
- 1-1.5 TSP SALT
- OPTIONAL SPICES: GARLIC POWDER, CURRY POWDER, CHILI POWDER, CUMIN



- 1) RINSE AND DRAIN THE CHICKPEAS IN A STRAINER. PAT VERY DRY WITH PAPER TOWEL OR DISH TOWEL. THEY SHOULD BE DRY TO THE TOUCH.
- 2) TOSS THE CHICKPEAS IN OIL AND SALT AND SPREAD OUT IN AN EVEN LAYER ON A RIMMED BAKING SHEET.
- 3) ROAST FOR 20-30 MINUTES AT 400 DEGREES F WHILE SHAKING THE PAN EVERY 10 MIN. CHICKPEAS ARE DONE WHEN GOLDEN BROWN AND CRISPY.
- 4) TOSS IN SPICES (OPTIONAL). YOU CAN TRY A SWEET VERSION AS WELL USING CINNAMON AND HONEY (OMIT SALT).



## Myth vs. Fact: Carbs Make You Gain Weight

**Myth:** Carbohydrates are bad for you and make you gain weight. In order to be healthy, you need to eat a diet low in carbs.

**Fact:** you don't have to give up carbs to lose weight! In fact, carbs are great for your health, as they give your body energy, provide brain fuel, and help with digestion. Carbs that are higher in fiber will keep you full longer and give you more sustained energy throughout the day. Too much of any nutrient - carbs, proteins, or fats - can cause weight gain. It comes down to finding the right balance of carbs in your diet, being mindful of your total intake, and choosing healthier carbs that have more nutrients. Click [here](#) to read a list of healthy carbs to include in your diet.

1) <https://frac.org/wp-content/uploads/breakfastforlearning-1.pdf>