

# NUTRITION To Go

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FOOD PANTRY

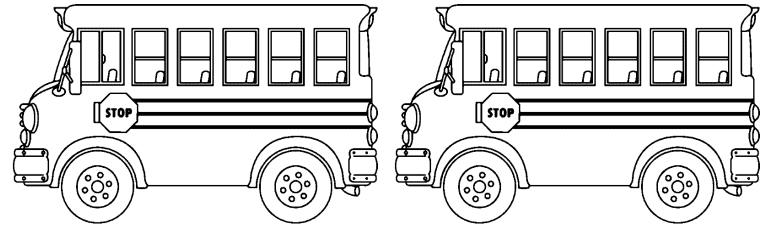
**Did you know? Now you can visit the pantry two times per month to pick up food.**

¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

## Back to school, the healthy way

Those hot summer days have come to an end and with the beautiful fall weather comes back to school, back to traffic, and back to busier days. As you settle into new routines, check out these **nutrition tips** for back to school!

- **Have healthy snacks ready to go** for busy afternoons. You can wash and cut up fruits and vegetables on days when you have more time so they are ready for the week.
- **Invite kids to help with snack prep!** Younger children can wash vegetables and older children can use a knife with softer foods.
- Look at the weekly school lunch menu with your child and **decide choices together** for a healthy balanced meal
- If you need to pack a lunch, **pack the night before** when you have more time to think about nutrition. You can even set up a "lunch station" in your fridge with healthy options for kids to choose from!
- Schedule time for the whole family to re-connect and relax each evening with a **family meal**.
- Sleep is important for a healthy metabolism. **Shut off screens** at least an hour before bedtime to help kids get a good night's sleep.



## Regreso a la escuela, de forma saludable

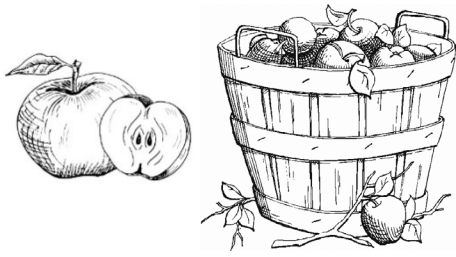
Esos calurosos días de verano han llegado a su fin y con el hermoso clima otoñal regresa a la escuela, vuelve al tráfico y vuelve a los días más ocupados. A medida que se adapte a nuevas rutinas, consulte estos consejos de nutrición para el regreso a la escuela.

- **Tenga bocadillos saludables listos** para las tardes ocupadas. Puede lavar y cortar frutas y verduras los días en que tenga más tiempo para que estén listas para la semana.
- **¡Invite a los niños a ayudar con la preparación de la merienda!** Los niños más pequeños pueden lavar verduras y los niños mayores pueden usar un cuchillo con alimentos más blandos.
- Mire el menú del almuerzo escolar semanal con su hijo y **decidan juntos las opciones** para una comida sana y equilibrada.
- **Si necesita preparar un almuerzo, hágalo la noche anterior** cuando tenga más tiempo para pensar en opciones saludables. ¡Incluso puede configurar una "estación de almuerzo" en su refrigerador con opciones saludables para que los niños elijan!
- Programe tiempo para que toda la familia se vuelva a conectar y se relaje cada noche con **una comida familiar**.
- El sueño es importante para un metabolismo saludable. **Apague las pantallas** al menos una hora antes de acostarse para ayudar a los niños a dormir bien por la noche.



## Healthy School Meals

- For breakfast, choose options high in protein such as eggs.
  - If sugary cereals are the only option, encourage students to drink all of their milk with breakfast.
- For a balanced lunch, teach kids to choose a protein, veggie and fruit (or 2 veggies) at every lunch.
- Let kids have their favorite foods, but shoot for a healthy balance over the whole week.
- Pasta can be a good choice for school lunch - all pasta served is whole grain.
- Send a water bottle with your child if possible, and encourage him/her to drink plenty of water throughout the day.



### Homemade Applesauce

Fall is apple season! Try this homemade applesauce for a healthy and delicious afternoon snack along with some nuts or cheese cubes.

- Peel and core -8 apples and cut into pieces .
- Cook apples in a large pot with 1 cup of water until very soft
- Mash with potato masher for chunkier sauce, or process in a blender/food processor.
- Add a small amount of sugar or honey, if desired.

### Puree de Manzana

El otoño es temporada de manzanas! Pruebe esta compota de manzana casera para una merienda saludable y deliciosa.

- Pelar y quitar el corazón de 8 manzanas y cortarlas en trozos.
- Cocine las manzanas en una olla grande con 1 taza de agua hasta que estén muy blandas.
- Triture con un triturador de papas para obtener una salsa más gruesa, o procese en una licuadora / procesador de alimentos.
- Agregue una pequeña cantidad de azúcar o miel, si lo desea.

## ACPS Sample Menu Choices

Week 2	Week 1	
Local Hummus Platter Corn Dog PBU w/ String Cheese Tater Tots Baby Carrots Fresh / Chilled Fruit Milk	Local Hummus Platter Chicken Sandwich PBU w/ String Cheese Tater Tots Baby Carrots Fresh / Chilled Fruit Milk	MONDAY
Chef's Salad Mac/ Cheese/ Bread Stick Super Hero Sub Steamed or Fresh Broccoli Cucumber Coins Fresh / Chilled Fruit Milk	Chef's Salad Pizza Dipping Sticks Super Hero Sub Steamed or Fresh Broccoli Cucumber Coins Fresh / Chilled Fruit Milk	TUESDAY
Asian Chicken Salad Popcorn Chicken/ Bread Stick PBU w/ String Cheese Mashed Potatoes Mixed Fresh Veggie Cup Fresh/ Chilled Fruit Milk	Asian Chicken Salad Chicken Nuggets/ Bread Stick PBU w/ String Cheese Mashed Potatoes Mixed Fresh Veggie cup Fresh / Chilled Fruit Milk	WEDNESDAY
Grilled Chicken Salad Southwest Chicken Wrap PBU w/ String Cheese Baked Beans Celery Sticks Fresh / Chilled Fruit Milk	Grilled Chicken Salad Cheeseburger PBU w/ String Cheese Baked Beans Celery Sticks Fresh / Chilled Fruit Milk	THURSDAY
Chef's Salad Pizza Super Hero Sub Baby Carrots Mixed Fresh Veggie Cup Fresh / Chilled Fruit Milk	Chef's Salad Pizza Super Hero Sub Baby Carrots Mixed Fresh Veggie cup Fresh / Chilled Fruit Milk	FRIDAY

## Loaves & Fishes



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