



Fuel Up & Feel Good!

You've heard all about the benefits of eating healthy food and staying active: you'll feel better, stay healthier, and live longer. But how do you encourage making healthy choices when the cafeteria vending machine features candy and soft drinks?

Start Strong

START STRONG

- *Yes, mom, you are right...breakfast really is the most important meal of the day. Suggest a few of these healthful options to jump start your student's morning:*
- A cup of hot oatmeal in a portable container for an easy grab and go solution
- A peach, orange, or banana
- Yogurt – which is often a choice at a fast food restaurant
- Scrambled eggs (you can even make these ahead and reheat in the morning)

Scope the Menu

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- *Check out the lunch menu a day in advance. This gives you time to prepare.*
- Many schools offer a salad bar as a healthy option to fried food or pastas
- Buy lunch on days featuring grilled chicken or fish
- Chose water or milk instead of carbonated drinks
- Skip the sugary candy, and opt for fresh fruit instead

Carry In

CARRY IN

- *Packing your food gives you control. This goes for lunches and snacks. Try some of these options, which are easy to make ahead:*
- Peanut butter on apple slices
- Boiled egg (great source of protein)
- Spinach salad: fresh spinach, mushrooms, bacon, and shredded cheese
- Carrots
- 2 pieces of dark chocolate
- Sliced bell peppers
- Yogurt and fresh strawberries
- Cheese and crackers
- Cereal bars or rice cakes

- *Great if you have access to a microwave:*
- Whole wheat tortilla, shredded cheese, grilled chicken chunks. Add a bit of fresh basil for flavor and flair. Microwave for 30 seconds
- Chicken chili made with white beans and chicken (instead of tomato sauce and ground beef). Throw some cheese on top before you heat it up
- Popcorn

After School Special

AFTER SCHOOL SPECIAL

- *Try some of these options to give a quick boost, but not ruin dinner:*
- Plate of veggies (carrots, cauliflower, broccoli) with ranch dressing
- Tuna melt: can of tuna (drained) on an English muffin, topped with cheese. Heat in microwave for 30 seconds
- Baked tortilla chips and salsa

Share YOUR favorite healthy snack creations on our message board!