

K-12 CULINARY CONNECTION'S

AUGUST

Nutrition Newsletter



EAT SOME BREAKFAST!

As we are gearing back up to a new school year, waking up early may be a re-learned lesson for some! Before we mad dash off to start our day, one of the most important things we can do for our body is to fuel it appropriately! Breakfast truly is one of the most important meals of the day because it provides fuel and energy that we have been without all night long!



THEN CHANGE THE WORLD!

Studies show that students who skip breakfast are more likely to become ill throughout the year, have lower testing scores, and possibly even have more behavioral issues during the school day.



START YOUR DAY THE BEST WAY!

A healthy breakfast doesn't have to be elaborate. There are so many healthier grab and go breakfast options available now in the grocery stores. Individual yogurt cups, low sugar breakfast bars, individual packaged nuts and granolas - all are healthy and easy options for a breakfast on the go!

IF YOU'VE GOT AN EXTRA 3 MINUTES...

Try this delicious
**Orange & Banana
Sunrise Smoothie!**



Ingredients:

- 1/3 cup prepared oatmeal
- 5 tablespoons non-fat vanilla yogurt (try greek for extra protein!)
- 1/2 banana
- 1/2 cup of orange juice
- ice cubes as needed

Directions:

- Blend all together to desired consistency. May add more juice or ice if thin consistency is desired!