

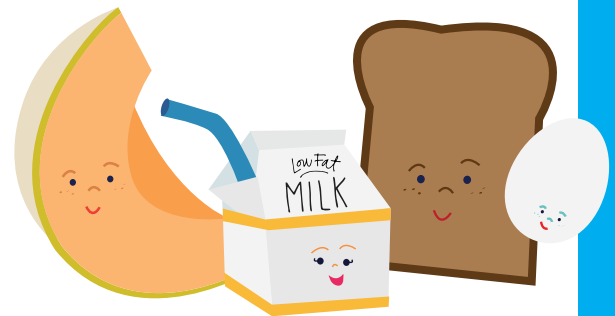
For back-to-school health... Nutritious meals make the grade.



A healthy body means a healthy mind. Kids who eat right tend to concentrate better and are more successful in school. So whether they're in the cafeteria at school or the kitchen at home, be sure your children fill half their plate with fruits and veggies at every meal.

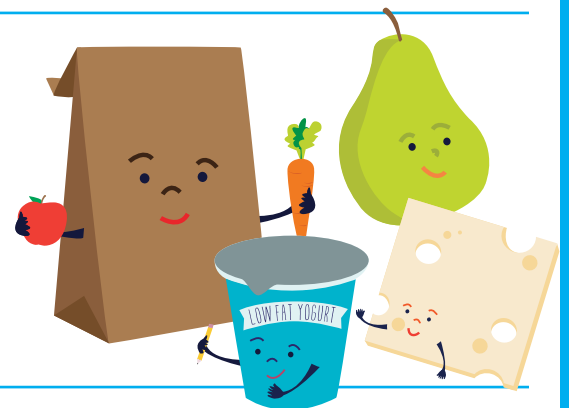
BREAKFAST

Breakfast gives kids energy in the morning, helping them learn and focus more during school. Preparing a tasty, nutritious breakfast is as easy as topping some instant oatmeal with nuts or raisins, or spreading peanut butter on a piece of whole-grain toast.



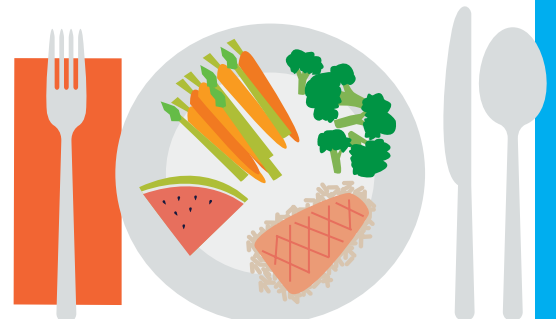
LUNCH

Whether it's hot lunch or cold lunch, every meal should be built with nutrition in mind. Make a wrap or sandwich with fiber-rich whole grains and lean sources of protein. Include fresh or canned fruits and veggies, and choose low fat dairy products like yogurt and cheese, too.



DINNER

When it's dinnertime, let your kids pitch in in the kitchen. They'll be more interested in eating something they were involved in preparing. Plus, they'll gain important nutritional knowledge in the process.



Preparing healthy meals? It's elementary.

Try these quick, easy recipes, and keep your kids feeling healthy before, during and after school.

BREAKFAST

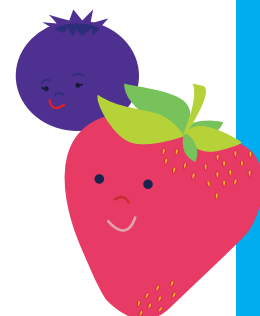
Low Fat Yogurt Parfaits Serves 4

Ingredients

- 2 cups low fat vanilla yogurt
- 1 cup blueberries, raspberries or sliced strawberries
- 1/4 cup crunchy granola

Prep

- Spoon 1/4 cup of yogurt into each of 4 parfait glasses.
- Top each with 1/4 cup of fruit, another 1/4 cup of yogurt, and 1 tablespoon of crunchy granola.



LUNCH

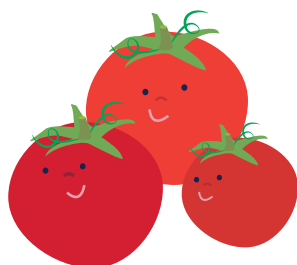
PB & J Bagel Serves 1

Ingredients

- 1 whole-wheat mini bagel
- Peanut butter
- Jelly

Sides

- 1/2 cup cherry tomatoes
- 2 tbsp. low fat Caesar dressing
- 1/2 cup pineapple chunks
- 1 oatmeal cookie
- 1 glass low fat milk



Prep

- Spread peanut butter and jelly onto mini bagel halves.
- Press halves together.
- Use Caesar dressing as dip for tomatoes.

DINNER

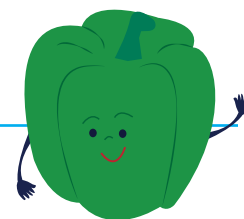
Cheesy Chicken and Salsa Skillet Serves 4

Ingredients

- 2 cups whole grain penne pasta, uncooked
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 1/4 cup salsa
- 1 cup frozen corn, thawed
- 1 large green bell pepper, cut into strips
- 1 cup Mexican style, shredded low fat cheese

Prep

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir for 2 min. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat for 10 min. or until chicken is done, stirring occasionally.
- Drain pasta. Add to chicken mixture; mix lightly. Top with cheese. Remove from heat; cover. Let stand 1 min. or until cheese is melted.



Find more healthy tips and recipes at

ShapeYourFutureOK.com