

QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

September 2022

Start the Year at the Top of the Class!

“Back to School” means back to the hustle and bustle of early mornings, evening commitments, and getting everyone where they need to be, when they need to be there. It can be an overwhelming time of transition for families, which is why we put together this list of tips and tricks you can use to skip the stress of Back to School:

1. Implement a sleep schedule at least 10 days before school starts to establish the new routine.
2. To reduce strain, always pack the heaviest items in their backpack closest to their bodies.
3. Have a refresher on school and bus safety so your student feels prepared.
4. Brainstorm together on breakfasts and lunches that you and your student both feel good about.
5. Set up an after-school space where your student can store needed materials and complete their homework.

You can find more back-to-school strategies here:

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Back-to-School-Tips.aspx>

International Literacy Day

On September 8th, people around the world gather to address the factors contributing to literacy rates worldwide. One thing we know improves literacy is the local library. Libraries have programming and events designed to help develop lifelong learners of all ages—and it's not just books they offer! More and more libraries are incorporating STEM labs and maker spaces, financial literacy and technology training, tutoring and even mental health programming. If you're not utilizing your local library, make it a priority this month!

Source:

<https://www.unesco.org/en/days/literacy-day>

Seize the Season

Another time saving tip is meal planning—and if you want to save money, too, plan to eat seasonally! You may have noticed your family's favorites from the produce section vary in price. That's because it costs a lot more to ship and stock out of season fruits and vegetables.

When grocery stores are able to source fresh fruits and vegetables locally, they spend less time in transit and they cost less, too. So, whenever possible, try to eat what's in season!

To find out what may be in season in your area, go to: <https://www.seasonalfoodguide.org> and enter your location, and the month, to find a whole list of produce considered to be in-season locally.

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com



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