

August: Kids Eat Right Month™

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August is back-to-school time, a great opportunity to reinforce the importance of good nutrition and physical activity to help children form healthy habits. When children make healthful food and activity choices, it will not only benefit them now but also as they grow into adults. August is Kids Eat Right Month™, a nutrition education, information-sharing and action campaign created by the Kids Eat Right program, an initiative of the Academy of Nutrition and Dietetics and its Foundation. Kids Eat Right Month™ spotlights healthy nutrition and active lifestyles for children and families.

Tips to Help Kids Eat Right & Be Active:

Give children nutrition knowledge for growth and success. Give children the chance to play a key part in preparing their food. There are age-appropriate



jobs for all children, from setting the table to measuring and stirring ingredients or chopping vegetables. Bring children grocery shopping and talk about which foods belong to different food groups: fruits, vegetables, whole-grains, lean proteins and low-fat dairy. Let children pick out one new fruit or vegetable they want to try each week to broaden their food horizons and maybe even yours. Kids focus best when they're well-nourished. Encourage children to consume healthy meals and snacks, including taking part in school breakfast and lunch programs.

Stock up on healthy breakfast foods. Breakfast eaters tend to have overall better school attendance,



test scores, and concentration. They also have less tardiness, fewer hunger-induced morning stomachaches, and are less likely to be

overweight. For most, time is the major obstacle to eating breakfast. Getting organized the evening before, keeping meals simple, and taking food to go are ways to make sure breakfast is eaten daily.

Fast, easy and balanced breakfast ideas from kidseatright.org:

- Cheese slices on whole-grain toast.
- Iron-fortified, whole-grain cereal with low-fat milk and banana slices.
- Nut or sunflower butter spread on whole-grain toast or waffles or rolled inside a whole-wheat tortilla.
- Fruit such as peaches, strawberries or raisins in instant oatmeal made with low-fat milk.
- Apple slices and low-fat yogurt topped with crumbled graham crackers.
- Lean turkey on a toasted whole-wheat English muffin.

Encourage kids to get active. Reward and encourage kids' physical activity by providing praise, activity-related equipment, games or outings. Plan time to get 60 minutes of physical activity daily, which can be accomplished in shorter bursts



throughout the day for at least 10 minutes at a time. Get active as a family and play interactive games, get up early to walk the dog, head to the park, do chores together and turn on music, or play backyard games such as tag, catch, or net ball sports. Reduce screen time by taking TVs out of kids' bedrooms and only have them in common rooms. Turn the TV off while eating and have mealtime discussions instead, and limit extracurricular time spent in front of a computer, TV, or other electronic device to less than two hours per day.

Most importantly, parents and caregivers need to be positive role models. Make time to eat healthy and be active and they will follow your good example. Learn more about how to cook healthy, eat right,



and be active at www.eatright.org/resources/for-kids. For more nutrition and health information from Nebraska Extension go to www.food.unl.edu.

Healthy Breakfast Recipe Ideas!

Quick Berry Oatmeal: Recipe makes 1 serving.

- **Ingredients:** ¼ cup quick oats, ½ cup non-fat milk, ½ cup frozen berries, 2 teaspoons brown sugar (optional), and 1 Tablespoon finely chopped nuts* (optional). **If serving to young children, chop nuts finely to reduce choking hazard.*
- **Directions:** Place oats, milk, berries and brown sugar in a microwave-safe bowl. Cover. Microwave 1 ½ to 2 minutes until hot, stirring at least once. Watch mixture closely so that it does not cook over the bowl. Handle carefully as bowl may be hot. Top with nuts and enjoy!
- **Cook's Notes:** Consider using a larger bowl or even a microwave-safe liquid measuring cup with "space" at the top to heat oatmeal if problems with overflowing occur. Adding berries after cooking oatmeal to help mixture to "cool down" is another option. Be careful when serving to children to make sure that bowl and oatmeal are not too hot. Consider placing oatmeal in another bowl before serving.
- **Source:** <http://food.unl.edu/quick-berry-oatmeal>

Banana in a Blanket: Recipe makes 1 serving.

- **Ingredients:** 1 (6-inch) whole wheat tortilla, 1 banana, 1 T. creamy peanut butter, 1 tsp. honey or maple syrup, and 1 T. cereal, crunchy nugget type or other variety.
- **Directions:** Lay tortilla on a plate. Spread peanut butter evenly on tortilla. Sprinkle cereal over peanut butter. Peel banana and place on tortilla. Drizzle honey or maple syrup on banana. Roll the tortilla up.
- **Source:** <http://food.unl.edu/banana-blanket>

Additional Resources & Links:

All the Healthy Bites. *Healthy Bites* is a newsletter that focuses on a different food, nutrition and / or health theme for each month.

http://food.unl.edu/fnh/healthybites_archives

Cook it Quick. Our goal is to make you "hungry for healthy food" by offering tips and delicious, quick-to-prepare, inexpensive recipes.

<http://food.unl.edu/welcome-cook-it-quick>

Family Fun on the Run. Monthly newsletters are designed to help you achieve a healthier lifestyle by making walking an important part of your personal fitness program.

<http://food.unl.edu/family-fun-on-the-run>

Food Fun for Young Children. Serving up quick, healthy snack ideas for younger children.

<http://food.unl.edu/food-fun-young-children>

Nebraska Extension Food, Nutrition, and Health by the Month Calendar. National Food Days, Weeks, and Months for August.

<http://food.unl.edu/august-food-calendar>

Sources:

- Academy of Nutrition and Dietetics. (2016). In August, Academy of Nutrition and Dietetics Celebrates Third Annual Kids Eat Right Month. Available at: <http://www.eatrightpro.org/resource/media/press-releases/kids-eat-right-month/academy-celebrates-third-annual-kids-eat-right-month>
- Academy of Nutrition and Dietetics. (2016). Celebrate Kids Eat Right Month: Send Children Back to School with Nutrition Knowledge. Available at: <http://www.eatrightpro.org/resource/media/press-releases/kids-eat-right-month/celebrate-ker-month-send-children-back-to-school-with-nutrition-knowledge>
- Academy of Nutrition and Dietetics. (2016). As Children Head Back to School, Academy of Nutrition and Dietetics Encourages Parents to Fuel Kids Right with a Healthy Breakfast. Available at: <http://www.eatrightpro.org/resource/media/press-releases/kids-eat-right-month/as-children-head-back-to-school>
- Ryan, M. (2015). 19 Easy Ways to Encourage Your Kids to Get Active. Academy of Nutrition and Dietetics. Available at: <http://www.eatright.org/resource/fitness/exercise/family-activities/exercise-with-your-kids>

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