



OCTOBER UPDATE

FRESH FRUIT & VEGETABLE

Making Sure Breakfast Happens!

Everyone has heard that breakfast is the most important meal of the day. It is true! Breakfast brings your blood sugar levels back to a normal level. Eating breakfast helps your body get ready to be active, your brain ready to learn and retain information, and keeps you from overeating or making poor meal choices later in the day. Here are some items that are easy to put together in 5 minutes or make ahead of time and freeze so that it can be heated up and eaten on the way out the door.

- **Breakfast Burrito/Quesadilla**
- **Breakfast Sandwich**
- **Protein Muffins**
- **Peanut Butter and Jelly Sandwich**
- **Fruit Cup and Yogurt**
- **Oatmeal**

Frequency of Eating and Snacking

Eating frequency can be conducted in a variety of ways that suit different lifestyles and cultural practices; there is no one size fits all. However, when snacking in between meals it is important to select foods that help you and your family reach the dietary food group and nutrient recommendations.

- **PLAN AHEAD:** When hunger strikes, you sometimes want to grab anything in sight! Rather than waiting until your hungry, try planning ahead. Add a snack section onto your grocery list that is healthy and filling in between meals. Items like nuts, banana and peanut butter, hummus with carrots/corn chips or avocado spread on toast,
- **BE STRATEGIC:** Consuming healthy fats (such as olive oil, fish, nuts or avocados), fiber and protein are filling and keep you satisfied longer. When eating at or in between meals, try to include one or more of these items rather than snacking on things like white bread or other processed foods that do not keep you full for long.
- **STAY HYDRATED:** Our brains often confuse hunger with thirst. Make sure you are drinking before, during and after meals to ensure you are hydrated.

This institution is an equal opportunity provider.

What do we get to try this month?

Delicious and Nutritious!

- Cauliflower
- Tangelo
- Broccoli florets
- Radish
- Fennel root
- Okra
- Red apples
- Passion Fruit

Creamy Broccoli, Cauliflower, and radish salad

Serves: 4 People

Ingredients

- 2 cups broccoli
- 2 cups cauliflower
- 1/3 cup green onion finely chopped
- 2 celery sticks sliced
- 4-5 radishes cut in half
- 1 cup cheddar cheese
- ¼ cup chopped almonds

Dressing

- 1/2 cup mayonnaise
- 2 tbsp sugar
- 2 tbsp white vinegar
- 2 tbsp chopped parsley

Instructions

- In a small bowl mix mayo, sugar and vinegar.
- Cut the broccoli/cauliflower into bite sizes
- In a large bowl combine broccoli, cauliflower almonds, cheese, celery, radish, and green onions

