

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Healthy Back to School on Your Budget

Going back to school this year may look and feel a little different, but some things remain the same, like staying healthy and sticking to your budget. This month's newsletter offers some ideas for taking some of the stress out of preparing for the start of a new school year.

Sticking to Your Budget

- The return to school can make your family's schedule hectic. Plan meals for the week ahead of time so you don't have to rely on more expensive convenience food or eating out. Check out our [2-week menu plan](#) for ideas.
- Create your own cleaning supplies. Cleaning and sanitizing surfaces is so important, especially now. Make your own sanitizing spray weekly to keep your home safe. (include graphic with recipe)
- Consider enrolling your child in school breakfast and lunch. If your family qualifies for SNAP, your child can receive free school lunch.

If your family doesn't qualify for SNAP, your child may still be eligible to receive reduced-cost lunch at school. Both options can add a little more to your home food budget. Tune into our [Facebook](#) page on August 19th at 10 AM for a Live discussion with the Wyoming Department of Education about the school lunch program in Wyoming.

- Join [CNP classes online](#) to learn more about budgeting and menu planning!

Healthy Back to School

- Think fruits and vegetables for snacks after school. Keep whole, fresh fruits, like apples and bananas, on the table or countertop. Canned fruit in light syrup or 100% juice makes a great shelf-stable option. Sliced or cut fruits and vegetables, like melon, carrots, and celery should be kept in the refrigerator. Try cutting them ahead of time and portioning them into single serving sizes.

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Healthy Back to School, continued

- Mix up some easy dips, like [hummus](#) or [apple yogurt dip](#), to go with your fruits and vegetables. Check your CNP cookbook for other dip recipes.
- Boost fiber with whole-grain crackers or bread. Pair with low-fat cheese, peanut butter, or hummus.
- Try smoothies. They are quick to make and you can add fruit you have on hand. Try adding a handful of spinach or kale for some extra vegetables.
- Add fruit to plain or vanilla low-fat yogurt for a sweet, simple snack.
- Check out our [featured recipes](#) for other healthy, low-cost snack ideas.

Looking for more tips like these? [Join](#) the Cent\$ible Nutrition Program!

A New Resource for You!

Interested in gardening, but aren't quite sure how to get started? Wondering if it is too late to plant or how to grow the best tomatoes? CNP and the University of Wyoming Extension are teaming up to answer these questions and more in a new Gardening 101 e-newsletter to help new gardeners get started. Subscribe by emailing us your preferred email address (cnp-info@uwyo.edu). We'll take care of the rest!



Eagle's Nest

Ingredients

- 2 canned peach halves
- 2 Tablespoons low fat cottage cheese or low-fat yogurt
- 6 raisins

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Place one peach half, cut side up, in center of plate for the nest.
3. Place 1 Tablespoon of cottage cheese in the center of nest.
4. Place 3 raisins on each nest for the eggs.

Makes 1 serving

Join the Cent\$ible Nutrition Program!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Due to Coronavirus, we are now offering our classes online! Find out more at: <https://uwyo.cnp.org/cnp-online-classes/>.



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