

# Cent\$ible Nutrition News

Helping Families Eat Better for Less

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## Top 5 Reasons to Participate in the National School Lunch Program

Getting everyone ready, breakfast eaten, lunch made, and out the door on time can be hectic on school mornings. If you're feeling a little stressed out, think about using the National School Lunch Program (NSLP). Registering your child in their school's meal programs can help decrease the morning stress. It is also good for your food budget and your child's health. Learn more with our Top 5 Reasons to Participant in the NSLP!

### 1. Less stress

Most schools in Wyoming provide school lunch and many also provide school breakfast. When your child eats at school, it means there is less to do in the morning before school, meaning less stress for you. Using the school meal programs also makes your weekly menu planning a little easier because there are fewer family meals to plan each week.

### 2. Budget friendly

Add a little more to your family food budget by using the NSLP. If your family qualifies for SNAP Benefits, Head Start, or TANF, the NSLP is free.

If your family qualifies for WIC or CNP classes, the NSLP is available at 40 cents or less a lunch. If you aren't sure if your family qualifies, contact your local school district to learn more.

By using free or reduced-lunch, you have more money in your family food budget, making it easier to make healthy meals at home.

### 3. Healthy plates

The NSLP is focused on providing healthy meals for kids. School meals are balanced and include fruits, vegetables, low-fat dairy choices, protein, and whole-grains. Meals are also 'right-sized' meaning they are the right portion size and amount of calories for children, based on their age.

### 4. Full kids learn better

When home budgets are tight, it can be hard to make sure everyone has enough food to thrive. The NSLP helps families make sure kids have enough to eat, which helps them do better in school, be active, and stay healthy.

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## NSLP, continued

### 5. Chance to try new foods

The NSLP follows guidelines to make sure that healthy foods are part of school meals. Some of these food may be new to your child. Trying them at school with their friends and classmates may help them enjoy new foods, which makes planning healthy meals at home all the easier!

In addition to these benefits, using the NSLP may help your child's school qualify for other resources, like have the Cent\$ible Nutrition Program's youth programs come to the school.

Learn more about the NSLP in Wyoming in this [video discussion with Tamra Jackson](#) from the Wyoming Department of Education.

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## 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://uwyocnp.org/cnp-online-classes/>.



## Broccoli Raisin Salad

### Ingredients

- 6 cups chopped broccoli
- ½ cup raisins
- ¼ cup chopped red onion
- ¼ cup unsalted sunflower seeds
- ¼ cup bacon bits
- ½ cup light mayonnaise ¼ cup sugar
- 1 Tablespoon red wine vinegar

### Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Combine chopped broccoli, chopped onion, raisins, bacon bits, and sunflower seeds in a large bowl.
3. Combine mayonnaise, sugar, and vinegar in a small bowl.
4. Stir mayonnaise mixture into salad.

### Makes 9 servings

Learn more about broccoli (including how to encourage your kids to LOVE it) in our new Facebook video series, [In the Kitchen](#) with CNP!



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