

# Cent\$ible Nutrition News

Helping Families Eat Better for Less

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## 3 Money Saving Tips to Stretch Your Back-to-School Food Budget

Back-to-school can be a stressful time. And as the world returns to normal, our back-to-school routines may look a bit different this year. Read on for tips that can help your family continue to eat healthy as you shift back into school schedules, while keeping your budget on track.

### Back-to School Meals Budgeting Tips

**1. Make a list of everything you need and shop ahead of time.**

Planning meals for the week means you do not have to rely on more expensive convenience food or eating out. This also allows you to keep an eye out for special deals, use coupons, and save trips to the grocery store. Click to view our [2-week menu](#) plan for more ideas.

**2. Find staple after school go-to snacks.**

Fruits and vegetables are simple solutions for after-school snacks. Keep whole, fresh fruits, like apples and bananas, easily available on the table or countertop. Fruit and vegetables, like melon, carrots, and

celery can be cut and portioned ahead of time and kept in the refrigerator. Portioning them into single serving sizes makes for simple solutions to after-school snacks. Canned fruit in light syrup, 100% juice, or frozen fruit are also great longer lasting options. Remember to keep cut, canned, and frozen fruit cold in lunch boxes.

**3. Look for other ways to save on food expenses.**

Consider enrolling your child in school breakfast and lunch. The National School Lunch Program must meet federal requirements for nutrition that include standards for milk, fruits, vegetables, and whole grains, so you know your children are receiving a healthy meal. Participating in free or reduced-cost meals means less worry about preparing or paying for breakfast and/or lunch for families and it means there is more money left in the home food budget.

# National School Lunch Program

Universal School Lunch for all students in Wyoming ended on June 30, 2022, which means families will now need to pay for school lunch and breakfast unless they apply and qualify for free and reduced-cost meals.

If you applied for school lunch in the 2021-2022 school year, you will have access to the free and reduced cost meals through the first 30 days of school, but will need to reapply to keep benefits for the 2022-2023 school year. If you did not apply last year, your application will need to be approved before your child can receive free or reduced-cost lunch. For all families, now is a great time to apply!

In Wyoming, each school district has its own application and meal charge policy, which means all interested caregivers should contact their local school districts for a free and reduced application.

Qualification for free and reduced-cost meals is based on household income and family size.

If your family is already enrolled in SNAP benefits, your children qualify for free or reduced cost meals! Contact your school district to verify you are automatically enrolled in the School Lunch Program.

## Join CNP!

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. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyocnp.org/cnp-online-classes/>.



## Pizza Pinwheels

### Ingredients

- Whole wheat or flour tortilla
- 2 Tablespoons tomato sauce
- ¼ tsp Italian seasoning
- 2-3 bell pepper ¼" slices, vertically sliced (optional)
- 5-6 spinach leaves
- 1-2 cheese Slices
- 4-5 pepperoni slices (optional)

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Spread the sauce and seasoning on the tortilla.
3. Add toppings onto the tortilla.
4. Roll the tortilla tightly.
5. Slice into 8 circles.

**Makes 2 servings of 4 circles each**



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