It’s time to gear up for the school year! Did you know that good nutrition can help keep your kids sharp and focused while learning?

Give Your Dishes a VEGGIE Boost!

- Add veggies into foods your kids already love! Try adding diced tomatoes to a grilled cheese or cheese quesadillas. Tomatoes contain antioxidants that help both brain and heart health. Instead of traditional snack foods, offer some tasty carrot fries to help boost beta-carotene, important for healthy skin.
- Aim for at least 5 different colors a day! Every color has a different health benefit. Learn tasty ways to include each color in your family’s diet!
- Eating healthy and boosting veggies doesn’t need to break the bank! Read these savvy shopping tips to help you save money! And remember, all veggies don’t need to be fresh. Frozen veggies are jam-packed with nutrients and can taste delicious in vegetable pancakes, rice and veggie dishes, with garlic and soy sauce, or even in smoothies (like frozen kale).
- Can’t get your kid to eat veggies? Get them in the kitchen, and have them help cook a meal. Kids are more likely to try what they’ve made. If all fails, offer more fruit!

Get Creative with Packaged Food

With hectic schedules, there are bound to be times when you’re tempted to break out quick, easy, packaged foods to serve for dinner. On nights like these, you can still make these meals healthier with a few small changes. For example, add fresh, canned, or frozen veggies to your meals. For boxed macaroni and cheese, only use half of the cheese packet and swap ½ of the packaged macaroni for whole-wheat macaroni. Add any veggies to this dish like broccoli, peas, or squash that your kids like.

Parent Power Tips from the SuperKids Nutrition Founder

Help make fruits and vegetables the easiest choice when hunger strikes! Use these tips to make fruits and vegetables the first things you and your kids reach for.

- As soon as you come home from the grocery store, prep fruits and veggies by cutting, slicing, and dicing them so they are ready to go for the week’s meals.
- Keep prepared fruits and vegetables in easy to see and reach places, such as in the middle of the fridge or in a fruit basket on the table. Portion and package them ahead of time so they are easy to grab and eat immediately.
- Ask your kids to go on a scavenger hunt in the grocery store for the fruits and veggies you want to get. Ask them to pick out something they would like to try for a meal or snack this week.
- Get your kids involved with menu planning! Give them some dinner choices and ask them to choose one. This will encourage them to try these foods!

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