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 frozen pizza, ramen, canned soup, or other packaged 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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