

# FAST FUEL AND FUN FOR KIDS ON THE RUN!

## RULES OF THE ROAD

### PREPARE IN ADVANCE

Use plastic sandwich bags to pack snacks in small portions ahead of time. Take the bags with you when you head out the door and pull them out later for a quick energy fix.

- :: Baby carrots, celery sticks, broccoli bites, cherry tomatoes and whole grain cereals are great snacks to go.
- :: Mix and match your favorite cereal with dried fruit and sunflower seeds, peanuts, walnuts or sesame seeds for a fun trail mix.



- :: Try freezing little bags of grapes or blueberries ahead of time. The fruit still tastes great even if it thaws!

### THINK PORTABLE

Don't have time to plan ahead?

- :: Consider fruits that come in Mother Nature's wrappers. Apples, pears, oranges and bananas as well as many other fruits are good when on the go.
- :: Keep a basket of fruit on the table so grabbing fruit for a snack is quick and easy.
- :: Look for snack-size packs of fresh vegetables at the store.

### PLAN FOR THE LONG HAUL

Think about keeping a small stockpile of energy boosters packed in the car.

- :: A jar of peanut butter, a package of whole-wheat crackers, assorted nuts, canned fruit packed in light syrup or its own juice, some 100 percent juice boxes and bottled water won't wilt in the high heat and can stave off hunger pangs.
- :: Nuts, pretzels, animal and graham crackers and low fat granola won't spoil in the heat of our Texas weather either.

### FAST FUEL TIP:

Ask for a small side salad or fresh fruit instead of fries and ask for skim milk or water instead of soda when eating out at restaurants.

**T**EXAS FAMILIES ARE ALWAYS ON THE GO! NO MATTER WHAT YOUR PLANS ARE, YOU AND YOUR KIDS ARE GOING TO NEED PLENTY OF PEP. KEEP YOUR SNACKS AND MEALS LOADED WITH VITAMINS AND MINERALS FOR ENERGY. BE SURE TO EAT PLENTY OF DIFFERENT FRUITS AND VEGETABLES.

**TRY THESE IDEAS FOR GREAT TASTING HEALTHY SNACKS AND QUICK MEAL TIPS TO HELP FUEL YOUR FUN.**





## SCHOOL MEALS FUEL FUN!

**S**CHOOL MEALS ARE NUTRITIOUS, FAST, EASY AND AFFORDABLE. CHILDREN WHO EAT BREAKFAST AND LUNCH AT SCHOOL GET UP TO 60 PERCENT OF THE DAILY NUTRITION THEY NEED. TALK TO THE SCHOOL FOOD SERVICE DIRECTOR OR VISIT YOUR SCHOOL'S WEB SITE FOR MENUS AND INFORMATION. YOU CAN ALSO CALL (888) TEX-KIDS FOR SCHOOL MEAL PROGRAM DETAILS.

# AT HOME ON THE RANGE

## SPICE IT UP WITH PRODUCE

Fire up the barbeque and grill some delicious vegetables as the perfect side dish.

- :: Marinate fresh vegetables like squash, bell peppers, tomatoes, onions and mushrooms in fat-free Italian dressing and then place on skewers and barbecue or place the vegetables in aluminum foil and cook over medium hot coals.
- :: Try your favorite lean fajita meat with vegetables and salsa in a lettuce wrap instead of a tortilla.

## KEEP IT FRESH

Use in-season fruits and vegetables for a just-picked taste.

- :: Carrots and cucumbers tossed with dark leafy greens make a super salad.
- :: Oranges and grapefruit add extra flavor to any leafy green salad.
- :: Create colorful kabobs by placing fresh fruit, such as strawberry, honeydew, cantaloupe and watermelon slices, on a skewer.

## IMAGINE THE POSSIBILITIES

Once you start to think about it, the choices are almost endless for adding fruits and vegetables to your busy day.

- :: Chopped apples or oranges taste great in tuna or chicken salad. Green or red pepper strips and broccoli bites add crunch to your pasta.
- :: Add fresh spinach, tomato and onion on your sandwich.
- :: To start the day right, slice berries and peaches and place on top of cereal. You can also use fruit as a topping in place of butter and syrup on pancakes and waffles.



**FUN KID-FRIENDLY TIP:**

Whip up a quick smoothie with 100 percent fruit juice, low fat or fat-free milk or yogurt and fresh or frozen fruit.



**square meals**

Nourishing children's bodies and minds.

Visit [www.squaremeals.org](http://www.squaremeals.org) for healthy recipes, snack ideas and more. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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