

# NUTRITION NEWS & NOTES

## Cool Fuel For School

(NAPSA)—Schedules can be hectic during the school year—long school days, after-school sports and extracurricular activities can present a challenge when trying to keep your family well fed and energized.

Nutritionists say one of the easiest ways to keep everyone eating healthfully is to use frozen and refrigerated foods when preparing meals. They can help fuel your family throughout the day and bring fun, excitement and nutrition to quick breakfasts, tasty packed lunches and easy after-school snacks.



The Frozen and Refrigerated Foods “Fuel for School” Festival is in October. To mark the occasion, the National Frozen and Refrigerated Foods Association (NFRA) offers these “Fuel for School” ideas:

- **Breakfast**—The cool aisles in the supermarket have a number of convenient, nutritious breakfast selections: whole-grain waffles, pancakes, French toast, fruits, bagels, breakfast bars, bowls and sandwiches, juices and more.

- **Lunch**—If you want to pack “cool” lunches, try healthy, nutritious and tasty options, like mini-bagels with peanut butter or tortilla roll-ups, accompanied by a variety of yogurts, cheeses, jello, puddings, juices and more.

- **After-School Snacks**—Convenient options that are easy to prepare include pizza snacks, fruit and yogurt, mozzarella sticks, chicken nuggets, jello and whipped topping, frozen yogurt, popsicles and more.



**Frozen and refrigerated foods can be a convenient and tasty way to keep nutrition on your children’s plates.**

A favorite Fuel for School recipe is the Banana-Strawberry Smoothie. Your family can enjoy this delicious treat before or after school.

### **Banana-Strawberry Smoothie**

- 2 bananas**
- 1 cup frozen strawberries**
- 1 8-ounce carton vanilla low-fat yogurt**
- 1 cup milk**

**Peel and cut bananas into chunks. Combine with frozen strawberries, yogurt and milk into a blender. Blend on high speed for 1 minute or until mixture is smooth. Makes 2 servings.**

To help celebrate the Frozen and Refrigerated Fuel for School Festival, NFRA has created a \$12,500 Fuel for School Sweepstakes. For contest dates, official rules and entry form, visit [www.BringUsToYourTable.com](http://www.BringUsToYourTable.com).