

## Back To School Lunches

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School is back in session and it's time again to get those lunches packed! This month we want to share some tips and ideas for packing healthier school lunches. Try for unprocessed (or minimally processed), whole foods such as fruits, vegetables, whole grains, and lean protein. For a beverage stick to water and avoid sugary drinks. For example, when making a sandwich, try swapping that white bread for some whole wheat/grain. Kids can be picky about their bread so if you're worried your little one won't eat it, try honey wheat first. It's lighter in color and they won't notice the difference! Also, instead of those gummy "fruit" packs (that are usually just made of sugar and additives) just use real fruit such as grapes, berries or apple slices. To make packing lunches less time consuming in the mornings, bag up your fruits and veggies ahead of time. Note: Produce costs less while it's in season! We've included a list of produce in season for September so check it out and add them to your grocery list! Also, here is a produce guide to help you out as well!-> <http://www.ncfarmfresh.com/availability.asp>

### What's In Season

#### September:

Apples  
 Blackberries  
 Cabbage  
 Cherry Tomatoes  
 Collards  
 Cucumbers  
 Figs  
 Green Onions  
 Greens  
 Indian Corn  
 Muscadine Grapes  
 Mustard Greens  
 Peaches  
 Peanuts  
 Pears  
 Pumpkins  
 Raspberries  
 Snap Beans  
 Yellow Squash  
 Sweet Corn  
 Sweet Potatoes  
 Tomatoes  
 Turnips  
 Zucchini

**SNACK HACK:** Instead of using premade dip for veggies, mix plain Greek yogurt with a seasoning packet (like ranch) and you've got a healthy alternative!



**FRESH TIP:** Use vinegar to wash your fruit after you buy it. It gets rid of the pesticides and keeps it fresher longer! For info on how to do this, visit <http://goodgreenhabits.com/wash-your-fruits-veggies-with-vinegar/>

### Mini-Grant Information

Voices into Action is offering Mini-Grants for projects focused on improving access to healthy, affordable food. Grants related to physical activity will also be considered. Mini-Grant awards will range from \$100-\$3,000 and are available for organizations working in Western Harnett County, Lee County and/or Southeast Raleigh. Applications are due by October 30th at 5pm. For more information visit [voicesintoaction.org/projects](http://voicesintoaction.org/projects) or contact Zandra Alford ([zandra\\_alford@ncsu.edu](mailto:zandra_alford@ncsu.edu)) or Helen Herrera ([hherrer@ncsu.edu](mailto:hherrer@ncsu.edu)).

Attend a Mini-Grant Workshop to learn more about the Mini-Grants and to get feedback on your project proposal:

- Lee County - October 5, 3-5pm (Lee County Cooperative Extension, 2420 Tramway Rd., Sanford)
- Harnett County - October 7, 3-5pm (Harnett County Cooperative Extension, 126 Alexander Dr., Lillington)
- Southeast Raleigh - October 7, 5:30-7:30pm (512 Brickhaven Dr., Raleigh, Rm. 203)

# Peanutbutter & Banana Sandwich



Breakfast doesn't always have to include breakfast food. Try this easy sandwich when you're in a rush and need something healthy! It's great for the kids.

## Ingredients:

- 1/2 banana peeled and sliced
- 2 tablespoons of peanut butter
- 2 slices of whole-wheat or multigrain bread

## Instructions:

Wash your hands with soap and water, then gather all your ingredients and put them on a clean counter. Use a dinner knife to spread most of the peanut butter on one slice of bread and a little bit on the other slice. Arrange the banana slices over the peanut butter on one slice and top with the other slice (peanut butter side down).

Cut the sandwich in half and serve right away.

This healthy recipe idea is courtesy of Eat Smart Move More NC.

This recipe and others can be found at:  
[www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes](http://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes)

If you are looking for free tools to promote healthy eating and active living for your family, school, church, worksite, or community, visit the website below to get started!

[www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html](http://www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html)

Our mission is to partner with communities to improve access to healthy, affordable food and safe places to be active.



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