

Smart Snacking for the Back-to-School Snack Attack

A new school year is upon us. Children, teachers and parents alike are excited for the learning, challenges and fun in store for the coming year. Learning is fueled by healthy meals and snacks, but healthy habits can be hard to develop. The SMART snacking tips below help parents teach kids healthy snacking habits - habits they will carry with them as they continue to grow and mature. Teaching kids healthy habits at a young age sets them up to successfully care for themselves as adults!

S: Structure Plan to make snacks a part of the daily routine. Set a specific snack time, plan the foods you will serve at snack and stick to it! When kids know and trust that a snack will be served at roughly the same time every afternoon, they are less likely to snack casually throughout the afternoon or make impulsive choices to satisfy their hunger.

M: MyPlate According to MyPlate, fruits and veggies should make up half your plate at meals, but the same goal applies to snacks as well! Plan snacks that pair fruits or veggies with foods kids already like. Some ideas include:



- String cheese + grapes
- Hummus + baby carrots + whole grain crackers
- Yogurt + sliced banana + granola
- Fruchi real fruit smoothie (August Dietitian Pick) + celery sticks + peanut butter
- Zucchini Muffins (see the recipe below!) + low-fat milk

A: Attitude Kids have high energy and need nutrition to fuel their growing bodies and minds. Teach kids that snacking helps take care of their bodies by providing the energy and nutrients their bodies need. Model this attitude for kids by caring for yourself with a healthy snack too!

R: Roles Parents and kids each have important jobs at snack time. Parents decide what, when and where the snack will be. They set up the snack structure and make sure it becomes a routine. Kids choose if they will eat the snack that day and how much they will eat. Keeping these roles allows kids to try new foods, enjoy favorite foods and provides the energy and nutrients their bodies need.

Zucchini Muffins

Makes: 24 servings

All You Need:

Hy-Vee nonstick cooking spray
1 ½ cups Hy-Vee all-purpose flour
¾ cup almond flour
1 cup packed Hy-Vee brown sugar
¾ cup oat or wheat bran
3 tbsp. chia or flax seeds
2 tsp. Hy-Vee baking soda
1 tsp. Hy-Vee baking powder
1 tsp. Hy-Vee ground cinnamon
2 Hy-Vee large eggs, lightly beaten
¾ cup buttermilk
1/3 cup Hy-Vee cinnamon applesauce
2 tsp. Hy-Vee vanilla extract
3 cups grated zucchini, drained (about 2 medium)
Chopped Hy-Vee walnuts, optional

All You Do:

1. Preheat oven to 350° F. Lightly coat mini muffin pan with cooking spray; set aside.
2. In a large bowl, combine flours, brown sugar, oat bran, chia seeds, baking soda, baking powder and cinnamon; set aside.
3. In another large bowl, combine eggs, buttermilk, applesauce and vanilla. Stir in zucchini, mixing just until combined. Stir in flour mixture just until combined. Do not over-stir.
4. Spoon 1 tbsp. or batter into each muffin cup. If desired, top with walnuts. Bake for 12-14 minutes or until a toothpick inserted in center comes out clean. Let cool in pan on a wire rack for 5 minutes. Remove muffins to a wire rack. Cool completely. Repeat with remaining batter.

Nutrition Facts per Serving: 110 calories; 3 g fat (0 g sat, 0 g trans); 15 mg cholesterol; 150 mg sodium; 20 g carbohydrate; 2 g fiber; 10 g sugar; 3 g protein.
Source: Hy-Vee 2014 Back-to-school Seasons

T: Try It!

Gently encourage kids to try new foods by serving new foods at snack once in a while. Pair new foods with foods that are kid favorites (like cheese or crackers) and be patient. You may have to serve a new food a few times before kids will even try it, but persistence will pay off! The more times kids are around a new food, the more likely they are to eventually try it and like it. You may be surprised at what your pickiest eater will taste and learn to enjoy eating.

These tips are not just for kids; adults benefit from healthy snacking habits too. Kids who see their parents modeling SMART snacking habits are more likely to become SMART snackers themselves. What better time to start a new routine than with the start of school? Be SMART when making choices to satisfy your back-to-school snack attack.

RD Pick of the Month: Fruchi Real Fruit Smoothies

5 REASONS TO EAT Fruchi Real Fruit Smoothies

1. Each smoothie contains one fruit serving. With flavors like Cherry Limeade, Pineapple Passion, Strawberry Banana, Berry Blast, Peach Mango and Raspberry Rush – what's not to love?
2. They are portable – simple thaw and enjoy! Plus, they double as an ice pack in lunches brought from home.
3. They are SMART on-the-go snacking between school, sports, social and summer fun!
4. Less than 140 nutrient-dense calories per servings.
5. 100% RDA for Vitamin C: Back-to-School immune boost!



What's Happening at Hy-Vee?

Late summer vacations and trips to the lake. Back-to-School activities. Nebraska State Fair.

These all lead to a very busy August and with that – little time for cooking classes or health activities! We have tried, believe me, but have found that the “happenings” at Hy-Vee are simply overshadowed by the many other end of summer activities pulling at our customers. So, with that, we will not be offering any classes or group store tours in August, but check back in September when we hit the door running!

Back to Sports!

It's the height of summer, but the start of fall sports practices are right around the corner. Success on the field starts in your kitchen! Fuel your athlete's performance and endurance with these winning tips.

Power Up

Eating breakfast builds stored carbohydrate in the body, and this boosts energy and endurance on the field. Stock your kitchen with foods your athlete enjoys that make quick-to-assemble breakfasts easy, such as Greek yogurt, toast with peanut butter or hard-cooked eggs. You may also need to have easy to pack and eat items, such as granola bars, frozen Go-Gurts, spreadable cheese and crackers, for a quick pick-me-up between school and afternoon practices.

Healthy Hydration

When participating in warm-weather sports, drinking early and often, not waiting for thirst, is key in staying hydrated. Keep in mind that foods naturally high in fluid, such as watermelon, can be a great tool for hydration and energy.

Water is the best option for hydration, unless your athlete is competing in hot, humid conditions (Uhm, Nebraska?) for more than an hour. Then, a sports drink with carbohydrate and electrolytes may be warranted. If you are worried about the extra sugar, then try the low-calorie drinks, which won't have the sugar, but still the electrolytes and fluids!

Recover Quick

After a vigorous workout, replenish energy stores to fuel the next practice with a combination of carbohydrate and protein. In general, eating within a window of 30 minutes up to two hours after a workout refuels the body for the next exercise session. As little as 10 grams of protein can increase muscle growth after exercise. For best results, eat protein-rich foods within one hour after exercise. Dairy foods are ideal partners for athletes. Drinking milk, especially chocolate milk, after a workout, for example, helps the body refuel, repair and rehydrate - making it an ideal sports nutrition tool.



Try the following recipes for a winning breakfast or snack:

Z3 Octane Bars

Serves: 16 | Source: Hy-Vee Seasons Health 2011.

All you need:

- 1 c. natural peanut butter (creamy or chunky)
- 2 c. Hy-Vee quick oats
- 1 c. Hy-Vee honey
- 1 c. dark chocolate chips or semi-sweet mini-chips
- 1 c. Hy-Vee dried cranberries
- 1 c. milled flaxseed or chia seeds
- 1 c. vanilla whey protein powder

All you do:

Mix all ingredients together and stir until blended. Spread mixture into a 8-by-8-inch pan and refrigerate until ready to serve. Store in refrigerator for 1 to 2 weeks.

Peanut Butter and Banana Breakfast Shake

Serves: 1 | Source: Midwest Dairy Association

All you need:

- 1 cup fat-free or 1% low-fat chocolate milk
- ½ cup frozen banana slices
- 1 tablespoon peanut butter
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

All you do:

Combine all ingredients in a blender; blend until smooth and creamy. Serve in a tall glass or on-the-go drink container.

Serves 1 Nutrition Facts per serving: 270 calories, 9 gm fat, 2 gm saturated fat, 5 mg cholesterol, 35 gm carbohydrate, 3 gm fiber, 15 gm protein, 220 mg sodium

New to Hy-Vee



Heirloom Tomatoes Not always the prettiest tomatoe in the Produce, these sometime mishapen and wrinkly tomatoes MORE than make up their appearance with juicy, home-grown taste and texture. The “Brandywine” or “Beefsteak” are our family favorites for BLT sandwiches. The “Big Pink” is fantastic chopped up in salads because of it’s meaty center and minimal juice or seeds. Delish!

Speaking of produce, this is the time of year that Hy-Vee especially takes advantage of all the local fresh produce. Melons from Helgoths, squash and zucchini’s from Placke’s and local sweet corn. This month’s Seasons Magalog features some of the local farmers that Hy-Vee partners with!

Farmhouse Kitchens Hand-Rolled Butter This literally melt-in-your-mouth hand-rolled butter is made by the Farmhouse Kitchens dairy cooperative in La Crosse, Wisconsin – heart of dairy country. Prepared without any artificial ingredients, there is no other butter better on your fresh sweet corn or in your grandma’s sugar cookies! We carry the 8 ounce rolls in salted and lightly salted. You will find these on the International Cheese Wall by the Deli!

