



CCA Webinar Notes

August 22, 2017

Find out what the nutrition basics are to help your kids do their best this year as you prepare to send your children back to school. Avoid analysis paralysis in the grocery store with these helpful tips and tricks! And take away some kid-friendly, easy-to-make recipes.

1. Break the Overnight Fast

Breakfast gives kids more of the nutrients they need

A nutritious breakfast provides children with energy and essential nutrients for healthy growth and development. Research shows that children who skip breakfast may not make up for the nutrients they miss out on at that meal.

Skipping breakfast may affect success in school

Studies suggest that eating breakfast is associated with improved memory, better test grades, greater school attendance and better behaviour. Children who don't eat breakfast may feel tired and have trouble concentrating.

Getting ready in the morning is a busy time, however you can still make enough time for breakfast. Try these quick and easy tips to help:

A little planning the night before can go a long way when you're in a rush to get out the door in the morning:

- Have the kids set the table for breakfast after dinner.
- Keep a bowl of fresh fruit on the counter
- Stock easy to pack breakfast items: make your own trail mix ahead of time with dried fruit, nuts and seeds then portion into a small container, and add a piece of fruit and a container of milk for the road, spread hummus on a rice cracker & grab a peach or plum to go, or hard-cook some eggs on the weekend. You can keep them in your fridge for up



to a week if you leave the shell on. Just add some yogurt and a piece of fruit and breakfast is done.

2. Snack Smart

Children need plenty of nutritious snacks to keep them going between meals. However, children often choose less nutritious snack foods that are higher in calories, fat or sugar.

Children have small stomachs and need refueling

Because children have smaller stomachs than adults, they usually can't eat as much as adults at one time. Nutritious snacks can help keep them satisfied between meals and also provide energy and important nutrients.

The secret to a good snack is protein & fibre – both fill you up and give you energy in order to last until your next meal. Here are some of my favourite snacks:

1. Cottage cheese with fruit
2. Plain yogurt with fruit and pumpkin seeds
3. Hummus or bean dip with veggies
4. Roasted chick peas (The Good Bean)
5. Dessert tofu with fruit
6. Edamame
7. Pumpkin seed butter with figs
8. Cold roasted veggies (yams, sweet potatoes, parsnips, turnips, squash)
9. Bocconcini cheese balls mixed with grape tomatoes
10. Trail mix (golden berries instead of raisins, seeds, chocolate chips)



Food Yourself

3. Meal Plan by Batch Cooking

Plan well

Look at the family calendar to see where everyone is for the week and plan meals accordingly.

Prep work before Monday

Cut up a variety of fruits and vegetables, hard-boil some eggs, make ahead muesli for breakfast, a chia seed pudding for a snack

At dinner

Double the ingredients of the meal for lunch leftovers for mom & dad or freezer dinners for later that week when the calendar is full of activities and no time to make a proper dinner.

