



BLUE EAGLE FOOD, FUN & FITNESS

NAZARETH AREA SCHOOL DISTRICT FOOD SERVICES

Fall into a Healthy Eating Pattern

Start the School Year Strong

Breakfast: It's a big deal!

Research shows that children that skip breakfast in the morning are more likely to have trouble concentrating.

Make an effort to make sure everyone in the family is eating breakfast whether on the on the go or at home!

Here are some breakfast ideas!

Yogurt & Granola
Frozen/fresh fruit/ veggie Smoothie
Overnight oats with peanut butter
Peanut butter on whole grain toast
Veggies & Hummus



FUN FACT

Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. When the metabolism gets moving, the body starts burning calories.



THE RECIPE CORNER

PUMPKIN SPICE SMOOTHIE

Ingredients

2 cups Ice Cubes
1 cup Almond Milk or Yogurt
1 tsp Vanilla Extract
2/3 cup Pumpkin Puree
2 tbsp 100% Maple Syrup
1/2 tsp Cinnamon
1/4 tsp Nutmeg
Optional: 2 cups Coffee

Add all ingredients to a high powdered blender and blend until smooth. Serve with a sprinkle of sprinkle of cinnamon.

Fall Activity Ideas

Fall is a great time of year to get outside and play. The summer heat has subsided and you can revel in crisp autumn air.

Here some activities for fall that will get the whole family moving.

Rake some leaves! Create a little competition. See who can make the biggest pile of leaves; the winner gets a prize.

Play in the park! The park is full of swings, jungle gyms, walking paths, and open fields so you're sure to get a good workout no matter what you want to do.

Go apple-picking or pumpkin-picking! This fall activity is not only fun but allows for fresh produce.