



PACK A BETTER SANDWICH

August is National Sandwich Month and a great time to start thinking about back-to-school routines. One of those routines is packing lunch boxes and at the cornerstone of every lunch box is a sandwich. In fact, a survey done by the consumer research group NPD Group found that 74% of all bagged lunches for school include a sandwich.

Sandwiches are popular in lunchboxes for good reasons. A sandwich is convenient, versatile and can provide good quality nutrition. The bases of a healthy sandwich should be whole grain and lean protein. Adding healthy toppings is another way to sneak in more nutrition. Start with these basics, add a little creativity and willingness to try new combinations and your kids will be packing (and eating) a nutrient-filled and tasty lunch!

PACK-A-BETTER SANDWICH RECIPES

PB G&F

Flatout flatbreads + peanut butter + granola + diced apples

Veggie Ribbon Sandwich

Whole-grain sandwich thin + 1 tbsp. light cream cheese + sliced carrot ribbons + 1 slice deli turkey. **Tip:** Use a vegetable peeler to slice cucumber, carrots and zucchini into thin ribbons for sandwich fillings.

Waffle Pretzel

Hy-Vee waffle pretzel + cheese slice + veggies (carrots, cucumber, broccoli, peppers)

Open Face Bagel Thin

Whole-grain mini bagel half + 1 wedge strawberry Laughing Cow cream cheese spread + dried cranberries or sliced strawberries

Inside-Out Sandwich

Spread mustard on slice of deli turkey + wrap around sesame breadstick or mozzarella cheese stick.

Sub-On-A-Stick

Thread onto bamboo skewer or pretzel stick: cubed whole-grain bread + deli meat + spinach or lettuce leaf + grape tomato + cheese cube + olive.

Sunny Sandwich

Whole-grain bread + sunflower seed butter + banana slices
Tip: Use cookie cutters to make shapes in the bread.

Banana Hot Dog

Ingredients: Whole grain hot dog bun + nut butter + half a banana + strawberry jam (ketchup) + chopped kiwi (relish) + pureed papaya (mustard)

Instructions:

1. Spread a whole-grain hot dog bun with nut butter, and top with banana.
2. Top with strawberry puree/jam, kiwi and papaya for banana hot dog toppings.

WHAT'S NEW & EXCITING



EARTHBOUND FARM ORGANIC FROZEN VEGETABLES

Earthbound Farm has been growing organic fresh produce for over 25 years, and now has a premium line of frozen organic vegetables. Vegetables include: whole green beans, sweet corn, spinach, green peas, butternut squash, sugar snap peas and California-style blend. Available in convenient 10 oz size packages.



VAN'S FROZEN 8 WHOLE GRAIN PANCAKES AND POWER GRAINS WAFFLES

Perfect for back-to-school breakfast, convenient frozen pancakes and waffles that provide wholesome whole grains, such as steel cut oats, millet, brown rice, barley, quinoa. Power Grains waffles provide 10 grams protein and 8 Whole Grain pancakes have 6 grams fiber, to help with satiety and feeling full all morning long.



RHYTHM KALE CHIPS

Delicious superfood chips. Each 2 oz bag starts with garden fresh kale. Kale is an excellent source of vitamin A, C, K, B6, calcium, manganese, iron, potassium and fiber. Rather than fry or bake, chips are air-crisped at a low temperature, helping preserve nutrients and enzymes. Available in 5 flavors: Ranch, Curry, Nacho, BBQ and Mango Habanero.

Dietitian Pick of the Month

CHOBANI GREEK YOGURT CHAMPIONS

Did you know?

- Made with only natural ingredients
- Packed with protein
- Good source of bone-building calcium & vitamin D
- 5 live and active cultures & 3 probiotics
- Gluten-free
- Low-lactose, 95% lactose removed during straining process
- Kosher Certified

Available in 4 delicious, kid-friendly flavors: Very berry, orange vanilla, vanilla chocolate chunk and honey banana. A great back-to-school lunchbox item or healthy snack.



Dietitian Recipe of the Month

TURKEY, CORN AND SUN-DRIED TOMATO WRAPS

Serves 4. Active time: 20 minutes | Total: 20 minutes

Fresh corn kernels, tomatoes and lettuce fill these hearty turkey wraps. This wrap is great for picnics or when you need to have dinner on the run. Add some crumbled feta or shredded Cheddar for another layer of flavor.

All you need

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| 1 cup corn kernels, fresh or frozen (thawed) | 1 tablespoon Grand Selections red-wine vinegar or cider vinegar |
| 1/2 cup chopped fresh tomato | 8 thin slices low-sodium deli turkey (about 8 ounces) |
| 1/4 cup chopped soft sun-dried tomatoes | 4 (8-inch) Hy-Vee authentic whole-wheat tortillas |
| 2 tablespoons Hy-Vee canola oil | 2 cups chopped romaine lettuce |

All you do

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

Nutrition facts per serving: 321 calories, 12g fat, 1g saturated fat, 35mg cholesterol, 682mg sodium, 35g carbohydrate, 4g fiber, 19g protein. Daily values: 47% vitamin A. Source: adapted from Eating Well, Inc.

DIP IT! BACK-TO-SCHOOL SNACK TIP

Are you looking for a way to get your kids to eat more veggies? The Hy-Vee dietitians suggest this simple tip: serve a dip with veggies. When bitter-sensitive kids were offered a dip with their veggies, they ate 80% more vegetables than kids who weren't given a dip.