



## BOOST YOUR BREAKFAST, WITH TOAST!

As the warm, summer months come to an end, families are preparing their children to head back to school for another year of learning and achievement. Start your child's day off right by providing a nutritious breakfast to fuel his/her success. Research shows kids who eat breakfast are more likely to have higher test scores, improved concentration and healthier body weights.

### TOP 3 REASONS TO REACH FOR TOAST

- ✓ **Quick & Kid-Friendly:** If your family has limited time in the morning to prepare a healthy breakfast, toast is an ideal choice. Not only can toast be prepared in minutes, but it is also simple enough that kids can prepare it themselves.
- ✓ **Economical:** Toast packs a nutritious punch and costs only a few cents per slice. As compared to breakfast pastries, doughnuts and other sugar-laden cereals, toast provides the most bang for your buck when it comes to both cost and nutrition.
- ✓ **Nutritious:** Toast provides key nutrients such as fiber, protein, whole grains and B vitamins that are important for sustained energy throughout the day. Toppings such as fruits, vegetables and nuts also provide beneficial nutrients to fuel a day of work and play.

### *kid-friendly* TOAST TOPPERS

- 1 slice whole grain bread + peanut butter + halved purple grapes
- 1 slice whole grain bread + refried beans + spoon of salsa + sprinkle of sharp cheddar cheese
- 1 slice whole grain bread + one cinnamon cream Laughing Cow cream cheese wedge + banana slices
- 1 slice whole grain bread + almond butter + drizzle of honey + granola
- 1 slice whole grain bread + one Laughing Cow cheese wedge + cucumber slices + low-sodium deli ham slices



# WHAT'S NEW & EXCITING



## HY-VEE SELECT CHICKEN SAUSAGE

A healthy sausage alternative, Hy-Vee Select's all-natural, no-MSG-added chicken sausage comes in three mouthwatering flavors. Simply bake, sauté or grill and add to pasta or rice dishes or eat "as is."



## REAMES PRESTO PASTA

Perfect for a quick dinner or meal on-the-go, Presto Pasta can be prepared in the microwave, without water added, in just two to five minutes. The pasta comes in three delicious varieties including penne, rotini and whole grain penne. It is available in four (five-ounce) individual serving packages.



## HY-VEE SELECT BALSAMIC GLAZES

Spice up your cuisine or create an elegant garnish with Hy-Vee Select's balsamic and white balsamic glazes. These aged, premium quality glazes can be drizzled on top of fruit slices, salads, grilled meats and more.

## Dietitian Pick of the Month FRUCHI REAL FRUIT SMOOTHIES 5 Reasons to Choose Fruchi

↳ say it like "smooch-ee"

1. One Fruit Serving: Made from real fruit & fruit juice
2. Portable: Simply thaw & eat
3. Fru=Fruit + Chi=Energy: Ready-to-eat fuel for SMART snacking
4. Less than 140 calories per serving
5. 100% RDA for Vitamin C: Back-to-school immune boost



## FRUCHI Q&A

1. What flavors are available?  
Cherry Limeade, Pineapple Passion, Strawberry Banana, Berry Blast, Peach Mango, Raspberry Rush
2. Where can I find Fruchi at Hy-Vee?  
The freezer section.
3. Will Fruchi stay fresh in my child's lunchbox?  
Absolutely! In fact, Fruchi doubles as an ice pack that can keep other foods cold. At lunchtime, it will be thawed and ready-to-eat.

## Dietitian Recipe of the Month PEANUT BUTTER AND BANANA BREAKFAST SHAKE

Serves 1

### 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

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

Nutrition facts per serving: 270 calories; 9 g total fat; 2 g saturated fat; 5 mg cholesterol; 35 g carbohydrate; 3 g fiber; 15 g protein; 220 mg sodium  
Source: adapted from Midwest Dairy Association

## HELPFUL SPORTS NUTRITION TIPS:

- **Power Up:** Stock your refrigerator and kitchen pantry with foods that are perfect for creating simple breakfasts such as Greek yogurt, eggs, peanut butter and cereal.
- **Beat Dehydration:** Drink often and eat foods naturally high in water such as watermelon or cucumbers.
- **Recover Quickly:** After a vigorous workout, replenish your body with a combination of carbohydrates and protein. Chocolate milk is an ideal post-workout drink!
- **Pack on the Protein:** Did you know that as little as 10 grams of protein can increase muscle growth after exercise? Eating a protein-rich meal or snack one hour following exercise is a great way to achieve muscle building.