

Have A Plant[®] FOR BACK-TO-SCHOOL

Fruits and vegetables are the plants we need to eat more often. Look inside for inspiration to enjoy more fruits and veggies every day to fuel for school.



Developed in partnership with
Egg Nutrition Center & Naturipe Farms, LLC



EGG
NUTRITION
CENTER





Never before has back-to-school meant so much to everyone.

Going back to school. Fulltime. In person. Finally, families can go back-to-school shopping to find the perfect first-day outfit and the trendiest backpack. Kids and parents alike are dreaming of after-school activities, group play dates, classroom birthday parties and field trips.

To ensure this great return isn't overshadowed by worry, parents are proactively taking key steps to ensure the safety and health of their children. Here's a plan: Have A Plant®! Good nutrition is an essential element of the plan, giving kids needed energy for all their favorite activities. Plant foods, like fruits and vegetables, provide important nutrients that help them do their best in the classroom and support immune health.

The Produce for Better Health Foundation (PBH), Egg Nutrition Center, and Naturipe Farms are partnering with Kroger, providing nutrition tools and resources to families across the country to help make the transition back to school fun and successful!

Make Have A Plant® Part of Back-to-School Routines

Despite being one of the best nutrition choices individuals can make, the average person eats fruit and/or vegetables just one time a day. *Just one time each day.* According to a recent report, *State of the Plate: America's Fruit & Vegetable Consumption Trends*, conducted by the Produce for Better Health Foundation, Americans eat vegetables an average of 7.5 times a week and fruits an average of 5.8 times per week. Close to one-quarter of Americans do not eat any fruit during the week. Consumption of fruit by children under age 8 is also declining, which is greatly concerning.

The Dietary Guidelines for Americans recommend vegetables and fruits as core elements of healthy eating, especially during childhood and adolescence when kids go through many transitions and establish their lifelong eating habits. The Guidelines suggest up to 2.5 cups of vegetables and 2 cups of fruit each day for kids aged 2 to 8 years old.

Now more than ever, it's important for families and schools to come together to help people eat more of these nutritious powerhouses every single day. An easy way to get kids to eat fruits and vegetables more frequently and enjoy the beneficial role they play in a happier, healthier lifestyle is by pairing them with other nutrient-dense foods. Not only does pairing with kids' favorite foods increase the consumption of produce, but there are also nutrition synergies.

Eggs and berries, for example, are a perfect pairing. Eggs and berries, for example, are a perfect pairing. Vitamin C, from foods like blueberries, helps the body absorb the iron in eggs. Both foods contain nutrients that support brain health (I'm learning new things at school!), eye health (I can see the black board!), and immune health (No sniffles here!). Plus, they're both perfect for the portable nutrition families need as they head back to familiar school and activity routines this Fall.

References

1. Produce for Better Health Foundation. 2020 PBH State of the Plate: America's Fruit & Vegetable Consumption Trends.
2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.
3. Produce for Better Health Foundation. Novel Approaches to Measuring and Promoting Consumption, 2017

Take a Brain Boost Back to School

As in-person classrooms reopen, parents like you want to make sure your children's learning is maximized and that they're performing at their best in all subjects. We don't often think about brain health, but research is now showing that key foods and nutrients can provide the fuel the brain needs to function at its best.

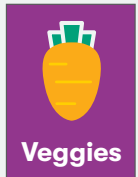
To support brain health, make sure the following foods are in your school lunch rotation:



Eggs

Long known to be a vital source of nutrients for people of all ages, eggs provide varying amounts of all the nutrients

listed by the American Academy of Pediatrics as essential for brain development – including choline and high-quality protein. Eggs are one of the most concentrated food sources of choline in American eating habits.



Veggies

Here's one more reason to ensure half the lunch box is filled with fruits and veggies, especially cruciferous vegetables like

broccoli, cauliflower, and cabbage – they may help improve memory.



Berries

The brilliant color in berries comes from flavonoids, nutrients believed to improve various measures of cognitive ability, such as memory and concentration, in children and adolescents as well as adults.



Fatty Fish

Options like salmon (as salmon cakes or in pasta) and tuna (now available in flavored, single serve pouches) offer omega-3 fatty acids to support brain health.



Walnuts

Eating habits that include good sources of ALA, a type of omega-3 fat found in nuts like walnuts, may be good for brain health.

References

1. Marisa Moore, MBA, RDN, LD, 4 Types of Foods to Support Memory, Academy of Nutrition and Dietetics, October 11, 2019.
2. Whyte, A.R., Schafer, G., Williams, C.M. Cognitive effects following acute wild blueberry supplementation in 7-to 10-year old children, *European Journal of Nutrition*, 2015, 55(6).
3. Whyte, A., Williams, C.M. Effects of a single dose of a flavonoid-rich blueberry drink on memory in 8-10-year-old children, *Nutrition* 2015, 31(3).
4. Kalt, W. et al, Recent Research on the Health Benefits of Blueberries and Their Anthocyanins, *Adv Nutr* 2019; 00:1-13. <https://academic.oup.com/advances/advance-article/doi/10.1093/advances/nmz065/5536953>
- 5.

Batch Prep Bento Boxes for School Lunches



Join Kroger's Culinary Dietitian Ashley Martinez, MFN, RD, LD, NASM-CPT Wednesday, August 11th at 5:30 pm EST for the latest Have A Plant® Cook

Along. In this FREE hands-on session, you can cook along to batch prep nutritious options for DIY bento boxes and learn more about the power of produce pairings, especially with eggs and blueberries. The recipes below will be featured during the live event. For full details and the shopping list visit fruitsandveggies.org/cookalongs.

Blueberry, Avocado & Banana Muffins



- 1 ¼ cup all-purpose flour
- 1 cup rolled oats
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 medium banana (about ⅓ cup)
- 1 large avocado (about ¾ cup)
- ¾ cup unsweetened applesauce
- 1 large egg
- ¼ cup milk
- 1 cup blueberries

1. Preheat oven to 350° F. Prepare a standard muffin tin with paper liners.
2. In a bowl, whisk together flour, oats, baking powder, baking soda and salt.
3. In a separate bowl, mash banana and avocado together. Add applesauce, egg and milk. Stir to combine, then stir into flour mixture.
4. Fold in blueberries and divide batter into prepared muffin tin.
5. Bake 25-30 minutes. Allow to cool completely. Store leftovers in an airtight container up to 3 days.

Broccoli & Cauliflower Cheddar Quinoa Bites



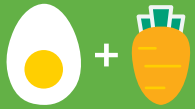
- 10 large eggs
- 1 cup pre-shredded cheddar cheese
- 1 cup cooked quinoa
- 1 cup cherry tomatoes, quartered
- ½ cup finely chopped broccoli
- ½ cup finely chopped cauliflower
- 2 Tbsp. finely chopped fresh basil, optional

1. Preheat the oven to 350° F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.
2. Crack the eggs into a large bowl. Whisk until well combined. Stir in the cheese, quinoa, tomatoes, broccoli, cauliflower, and basil as desired until well combined.
3. Use a ¼-cup measuring cup to divide the mixture evenly into the prepared muffin cups.
4. Bake until the eggs are set, 16 to 18 minutes. Allow to cool slightly before serving. Refrigerate leftovers up to 3 days or freeze for up to 1 month.

Return to School & Activities Require Portable Nutrition

The morning scramble has returned along with the evening run from dance class to music lessons to the game field. Demanding schedules with lots of moving parts don't mean you need to skimp on nutrition. These recipes below ensure that car meals are good-for-you portable choices!

SERVE THIS SANDWICH WITH CARROT STICKS TO PAIR YOUR EGGS WITH VEGGIES



Eggs, such as omeletes or frittatas, are a great carrier for under-consumed veggies. Plus, eggs can also help you better absorb nutrients found in plant foods such as vitamin E and carotenoids.

Pesto & Egg Grilled Cheese



Light and airy scrambled eggs are layered with creamy provolone cheese and flavorful pesto for a quick and substantial sandwich that will redefine what it means to be grilled cheese. Batch cook these over the weekend, wrap in foil, and reheat in the oven at 350 degrees for 10 minutes for a quick breakfast or dinner on the go. Don't forget to pack the veggie sticks!

- 2 tsp. olive oil
- 2 large eggs, beaten
- 2 slices whole grain bread
- 1 Tbsp. basil pesto
- 1 slice provolone cheese

1. In a medium non-stick skillet, heat olive oil over medium heat. Pour eggs into hot skillet and gently pull the eggs across the pan using a spatula. Cook until large soft curds occur, and no liquid remains. Set aside.
2. Spread ½ tablespoon pesto on one side of each slice of bread. In the same skillet over medium heat, place 1 slice, plain side down, of bread in the skillet and top with provolone and scrambled eggs, finish with the other slice of bread. Cook 3-5 minutes on each side until golden and cheese is melted.

Kids spending a lot of time looking at screens?



Lutein and zeaxanthin found in egg yolks can help protect their eyes from harmful blue light.

A recent study found a beneficial relationship between regular lutein and zeaxanthin intake and academic performance in 8- and 9-year-old children.

Reference

Barnett, S.M., et al., *Macular pigment optical density is positively associated with academic performance among preadolescent children.* Nutr Neurosci, 2018. 21(9): p. 632-640.

Naturipe® Mixed Berry Granola Bowls



Upgrade your typical store-bought granola and almond milk with this homemade version, which you can batch cook on the weekend. In the evening, prep bowls in portable, plastic containers and refrigerate for a quick-and-convenient grab-and-go breakfast on the ride to school.

For the Granola

- 2 cups old-fashioned rolled oats
- ½ cup pumpkin seeds
- ½ cup almonds, roughly chopped
- ½ cup dried coconut flakes
- 1 tsp. ground cinnamon
- ⅛ tsp. sea salt
- ¼ cup melted coconut oil
- ¼ cup maple syrup
- ½ tsp. vanilla extract

For the Bowl

- Prepared granola
- 4 cups almond milk (can also use oat milk or coconut milk)
- 1 cup fresh Naturipe Strawberries, sliced
- 1 cup fresh Naturipe Blueberries
- 1 cup fresh Naturipe Raspberries
- 1 cup fresh Naturipe Blackberries
- 1 large banana, peeled and sliced into rounds

1. Preheat the oven to 300° F.
2. In a large mixing bowl, combine oats, pumpkin seeds, chopped almonds and coconut flakes.
3. In a medium mixing bowl, combine melted coconut oil, maple syrup, vanilla extract, cinnamon, and salt.
4. Pour wet mixture over dry mixture and gently mix to coat.
5. Line a quarter sheet pan with parchment paper and spread out granola in an even layer. Place in oven and bake, stirring every 15 minutes, until granola is golden-brown and dry, about 40 to 45 minutes.
6. Remove granola from oven and let cool, then transfer to an airtight container.
7. To serve, divide granola evenly between containers, pour over desired amount of almond milk, and top each bowl with equal parts strawberries, blueberries, raspberries, blackberries, and banana slices. Refrigerate overnight.

Naturipe Snacks™ are a perfect pick for ready-to-eat snacking that nourishes and satisfies with protein, fiber, Vitamin C, and calcium anytime and anywhere—with no preparation time required. Boost Bentos™ are packed with fresh ingredients that nourish and energize to help you tackle the day. And for the days you crave an indulgent treat, grab our Bliss Bentos™. These snacks are big on flavor and fun to satisfy your sweet tooth!



Farmed Fresh Since 1917™, Naturipe Farms is a partnership between highly-esteemed growers, whose fields are spread across the globe. An industry leader for over 100 years in producing fresh, healthy and delicious berries and value-added products. Look for Naturipe Farms berries at your local Kroger store.

DID YOU KNOW?



Blueberries are a good source of the antioxidant vitamin C. Blueberries are well known for being packed with antioxidants. These naturally nutritious berries are also high in manganese, a nutrient that aids processing of cholesterol, carbohydrates and protein. What's more, they're a good source of dietary fiber, which helps you feel full faster and promotes heart health.

Return to School & Activities Require Portable Nutrition

Create Powerful Produce Pairings For Nutritious School Lunches

One of the easiest ways to encourage kids to Have A Plant® more times each day is to pair them with foods they love. National nutrition guidelines suggest half the plate be filled with fruits and vegetables. For school days, this means a lunch box half filled with the beautiful colors, amazing flavors and appealing textures of fruits and vegetables. Follow these tips to build school lunches focused on the plant-powered nutrition of plants like berries paired with nutrient-dense options from other parts of the plate, like protein from eggs.

Tip #1



Try to include at least three food groups in the lunch box. Consider pairing Broccoli and Cauliflower Cheddar Quinoa Bites with strawberries or blueberries and whole wheat crackers (all finger foods) or Blueberry, Avocado and Banana Muffins with yogurt and walnuts.

Tip #2



Theme it. A day of purple, for example, could include blueberries, mashed purple sweet potatoes, purple carrots, and blueberry yogurt or smoothie. A math-themed lunch might have numbers cut from whole wheat bread, and a math problem to count the number of blueberries; subtract from it the number of hard-boiled eggs or sips it takes to drink the milk carton.

Tip #3



For younger children, build lunches from finger foods that don't require utensils. The options are limitless: sliced cucumbers, green pepper strips, clementine sections, berries, hard-boiled eggs, half a Pesto and Egg Grilled Cheese sandwich, edamame, sliced leftover chicken, popcorn, and whole grain crackers.

Tip #4



Engage kids in the process. From prepping items for lunches to building their own, teaching kids to build their own school lunches helps them understand the importance of including nutritious foods from all the food groups.

Return to School & Activities Require Portable Nutrition

DIY: School Lunch Packing Station

Setting up school lunch packing stations at home allows parents to ensure nutritious options are included while teaching kids responsibility and allowing them choice. Build Shelf Stable and Refrigerated Packing stations that kids can grab from to pack their lunch the night before or morning of school.



Shelf Stable Packing Station

- Fruit pouches or cups (in 100% juice)
- Dried and freeze-dried fruits and veggies
- Blueberry, Avocado and Banana Muffins
- Bananas, apples, oranges
- Jerky
- Individual cans of tuna or salmon
- Squeeze pouches of nut butters
- Whole grain crackers in individual packs
- Whole grain bagels and tortillas
- Trail Mix

Refrigerated Packing Station

- Prewashed, cut veggies in individual packs
- Prepped blueberries, strawberries, blackberries and raspberries
- Seasonal fresh fruits like grapes, peaches, and pears
- Naturipe Snacks™ Boost Bentos™ and Bliss Bentos™
- Individual yogurt, hummus, and cottage cheese cups
- Hard-boiled eggs
- Broccoli and Cauliflower Cheddar Quinoa Bites
- Deli meats and string cheese
- Individual milk boxes

DID YOU KNOW?



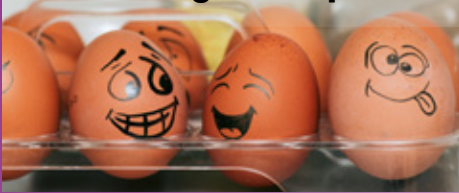
The high-quality protein in eggs helps maintain and repair muscle while supporting bone health. Eggs are one of the only foods that naturally have vitamin D, a nutrient most Americans do not get enough of. Vitamin D, along with calcium, is critical for building strong bones.

School Lunch Fun

Despite their attachment to devices, kids love to have a quick note from home during their school day. Simply cut the following options and drop in it their lunch bag or box to let them know they're always on your mind!

How do comedians
like their eggs?

Funny side up!



I love you berry much!!!

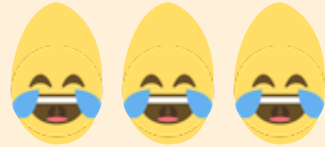


Advice from
a blueberry:
Be well rounded!



What did the egg do when
it saw the frying pan?

It scrambled!



Have an
EGGCELLENT
EGGSTRA
special day!



What did the
strawberry say
to the blueberry?

Why so blue?



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