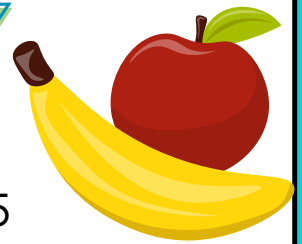


WELLNESS WEDNESDAY

National Better Breakfast Month

Nutritional Development Services | September 2025



September is National Better Breakfast Month! Eating a well-balanced breakfast in the morning gives our bodies the energy needed to start the day the right way! Did you know...kids who have a healthy meal before school consistently perform and behave better at school.

Fueling students with a nutritious breakfast also fuels their education.

It's difficult to learn when you're hungry. An empty stomach can lead to fatigue, poor concentration, and more.

Breakfast at Home

- **Meal Planning**- Take time to plan out your breakfasts for the week. Make a healthy shopping list to ensure you have a variety of whole grains, fruits, vegetables and lean proteins.
- **Explore New Recipes**- Experiment with different classic breakfast items making healthier versions. Browse cookbooks, websites and social media for inspiration.
- **Enjoy Quality Time**- *Make breakfast family time. Try eating and cooking together. Establish a consistent routine to help establish healthy habits.*

National School Breakfast Program (SBP)

With the start of a new school year, encourage students to participate in the National School Breakfast Program!

School breakfast provides a variety of whole grains, fruits (and/or vegetables) and low-fat or skim milk. Encouraging healthy behaviors at the beginning of the school year can have lasting effects!

- **Highlight benefits of breakfast**
- **Share information & availability of SBP through the school website, social media and newsletters & flyers.**
- **Share the monthly menu with families & school staff.**
- **Engage staff & teachers- Provide them with information and resources to potentially incorporate breakfast-related lessons into the classroom.**



Visit [Action for Kids](#) to learn more about serving breakfast at your school. Reach out to NDS directly for promotion ideas and increasing participation.

WELLNESS WEDNESDAY

Cooking with Children

Nutritional Development Services | September 2025



September 13th is National Kids Take Over the Kitchen Day!

The goal is to empower kids to be more actively involved in the kitchen, including planning, preparation, and cooking meals. It also encourages family bonding and family mealtime. When children take an active part in their family mealtimes, they learn to eat healthier. It's also an opportunity to learn about each other's days and take an interest in each other's lives.



Cooking Class at School...

- Teach essential life skills.
- Promote healthy eating habits
- Enhance students' self-sufficiency
- Visit [Vetri Community Partnership](#) for information on incorporating a school cooking lab.

How do children benefit from learning to cook at a young age?

1. They learn science such as chemical reactions from mixing certain ingredients.
2. Children use their reading skills when they cook and follow instructions.
3. Cooking teaches children safety skills.
4. Children get to spend productive time with their family members.
5. They earn a sense of accomplishment from completing a recipe. And it's an automatic reward - Children get to eat what they make!
6. Learning to cook comes with built-in opportunities to learn from mistakes. No one gets every recipe right the first time.
7. They develop a broader appreciation for flavors and foods.
8. Food can teach children about other cultures.
9. Cooking can teach children to work as a team.



WELLNESS WEDNESDAY

Fruits & Veggies- More Matter

Nutritional Development Services | September 2025



September is National Fruits & Veggies Month

The general guideline for fruit and vegetable consumption among children is “5-a-day”. This refers to five servings of fruits and vegetables per day, with the amount varying by age and activity level. A serving size is roughly the amount that fits inside a child’s palm. Offering a variety of fruits and vegetables is key to ensuring they are getting a range of nutrients.

TIPS

- Keep Offering: Don't give up if your child initially refuses a fruit or vegetable. Keep offering it, as it may take multiple exposures for a child to accept a new food.
- Small Portions: Start with small portions to avoid overwhelming your child.
- Pair with Favorites: Pair vegetables with foods your child already enjoys.
- Avoid Pressure: Don't force your child to eat fruits or vegetables, as this can create negative associations with food.

SUGGESTIONS

- Provide fruits and vegetables as snacks. Keep fruit washed, cut up and in plain sight in the refrigerator.
- Try out vegetarian recipes for spaghetti, lasagna, chili, or other foods using vegetables instead of meat.
- Add a fruit or vegetable as part of every meal or snack. For example, you could put fruit on cereal, add a piece of fruit or small salad to your child’s lunch, use vegetables and dip for an after-school snack, or add a vegetable or two you want to try to the family’s dinner.
- Be a role model—eat more fruits and vegetables yourself.
- Serve fruits and vegetables in creative ways, like making fruit skewers, veggie sticks with dips, or adding fruit to yogurt or cereal.
- Include fruits and vegetables as part of every meal, even if it's just a small portion.
- Let your children help prepare and cook fruits and vegetables, which can increase their interest in trying them.
- Hide vegetables: Blend vegetables into sauces, smoothies, or even baked goods to sneak in extra nutrients.



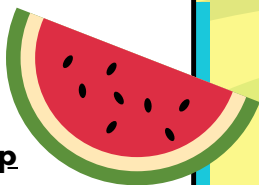
Resources

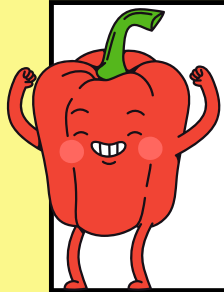
[MyPlate- Fruit Group](#)

[MyPlate- Vegetable Group](#)

[MyPlate Kitchen- Search for new recipes](#)

[Interactive Fruit and Veggie Quizzes](#)





WELLNESS WEDNESDAY

Harvest of the Month: Peppers

Nutritional Development Services | September 2025



Peppers are classified into two different groups

1. **Bell Peppers**– Mild and sweet-tasting. They come in a wide variety of colors such as green, red, yellow, orange, purple, brown, and black.



1. **Chili**– Hot and pungent. They also come in a variety of color ranging from green to deep red to almost black. The color of chili peppers is not a sign of the heat but indicates its flavor.



Did you know...

- As bell peppers mature, their color changes from green to red and they become sweeter. The green bell pepper is a pepper that has not fully ripened and will not ripen after picking.
- Paprika is prepared from red bell peppers.
- Peppers are botanically a fruit, but are recognized in the culinary world as a vegetable.

• Nutrition:

- Peppers are an excellent source of vitamin C which plays an important role in supporting the immune system and tissue growth, repair, and maintenance. Red peppers are also a good source of vitamin A which is important for eye health and immune function.

• Selection:

- Chili peppers: Look for peppers that are firm, smooth-skinned, with even shape and color and without blemishes.
- Chili: Choose peppers that are brightly colored and firm, but generally light for their size
- For both: Avoid peppers that are soft, wrinkled, or bruised. The first signs of mold will appear at the stem and bottom.

• Harvest Season:

- Peppers are harvested in PA from July through October.

Recipes with Peppers

- Stuffed Bell Peppers
- Roasted Pepper Recipes
- Side Dishes & Salads

