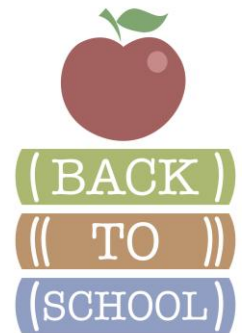


Food for Thought

September 2026

Healthy Back to School Tips

As the school year begins, focusing on healthy habits can help make a successful start to the year for the whole family. Follow these simple habits to help your child stay healthy and do well in school, so they can succeed both at home and at school.



Prioritize breakfast

Start the day with breakfast. Try to include foods from at least three of the five food groups to start out the day. Options like whole-grain cereals, oatmeal, or yogurt with fruit provide essential nutrients. A balanced breakfast can help you focus better and feel happier, making your day more productive.

Pack balanced lunches

Pack lunches that combine lean proteins, whole grains, and plenty of fruits and vegetables. If packing a balanced lunch is a challenge, the meals served at school are a great choice for students. The National School Lunch Program has strict guidelines that must be followed to ensure students are eating the foods they need to be healthy and ready to learn.

Stay hydrated

Encourage your child to drink water throughout the day. Pack a reusable water bottle to ensure they stay hydrated and avoid sugary drinks. Drinking enough water helps your brain work well and keeps you healthy.

Snack smart

A healthy snack is good for you because it gives you vitamins, minerals, and energy, and doesn't have too much sugar, unhealthy fat, or salt. Healthy snacks usually have protein, healthy fats, and fiber so you don't get hungry between meals. Make snack packs ahead so healthy choices are easy to grab and eat and are tasty.



Prioritize sleep

Have a consistent bedtime routine. Getting enough sleep is important for your brain, memory, and mood. Limiting screen time and creating a calm area before bed will help improve sleep.

Encourage physical activity

Incorporate physical activity into daily routines. Whether it's walking to school, playing sports, or dancing, regular exercise boosts mood and enhances learning. Encourage your children to participate in activities they enjoy, so exercise becomes fun and part of their daily routine.

PB & Berry Tacos

5 slices of bread
½ cup blueberries

½ cup halved strawberries
5 Tbsp peanut butter



1. Wash hands with soap and water before preparing food.
2. Wash berries under cool running water. Remove tops from strawberries and cut them in half.
3. Using a clean drinking glass, cut a circle out of each slice of bread. Using your fingers, press down on the cut-out bread circle to flatten.
4. Spread 1 tablespoon of peanut butter on each bread circle.
5. Place strawberries and blueberries in the middle of each bread circle.
6. Fold in half into a “taco.” Use toothpicks to hold the tacos together.

Pizza Quesadilla

2 oz turkey pepperoni
1 cup shredded mozzarella cheese
Cooking spray

4 (8 inch) whole wheat tortillas
2 Tbsp grated Parmesan cheese



1. Cut pepperoni into small pieces.
2. Lay out four tortillas on a cutting board. Evenly divide the mozzarella, parmesan, and pepperoni pieces on half of each tortilla. Fold each tortilla in half.
3. Heat a large skillet over medium heat. Spray one side of the tortilla with vegetable spray and transfer one assembled tortilla to the skillet, oiled side down. Spray the other side of the tortilla. Cook for 2-4 minutes. Turn the tortilla over and brown the other side. Remove tortilla and repeat the process for the remaining tortillas.
4. Slice each tortilla into 4 wedges and serve.
5. Refrigerate any leftovers within 2 hours.

Optional: Dip in low sodium pizza sauce.

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Eat Smart Idaho Administrator or Coordinator:

Shelly Johnson, MS, ESI Administrator
Email: sjohnson@uidaho.edu

Kali Gardiner, RD, LD, ESI Coordinator
Email: kalig@uidaho.edu

Phone: 208-292-2525
Website: www.eatsmartidaho.org



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