

# August Nutrition Nibbles



## Welcome Back To School!



As summer starts to wind down, parents and children will begin getting supplies ready for school time! It is important that children start their day with a healthy breakfast and continue to eat nutritious foods throughout the day for lunch, snacks, and dinner. Here are some tips for parents who are preparing their children for the upcoming school year:

According to Children's Health, breakfast is an important meal to get kids energetic for the school day! Try to set aside 10 to 15 extra minutes of their daily morning routine to have them sit down and eat breakfast. This is also a terrific opportunity to incorporate new foods into their diet! Instead of sugary cereals, try having them eat a whole grain cereal and a piece of fresh fruit for something quick and easy.

Afternoon snacks are a good opportunity for parents to incorporate fresh fruits and vegetables into their child's diet. Instead of a cookie have them try a cup of yogurt with granola or an apple with peanut butter.

Make packing lunches fun! Having your kids help you prepare their lunches the day before school is a great bonding activity for the children and their parents. This also helps kids get a glimpse of the foods they will be eating and encourages them to try new foods!

## Let's Get Movin'!

Cycling is a fantastic way to get outdoors and to get some fresh air! For the month of August, try to get out and cycle for 30 minutes with your friends or family. Remember to wear proper cycling gear for safety. Make sure to stay hydrated by drinking water, and make sure to wear sunscreen!



## Harvest of the Month: Eggplant



### Eggplant Facts

Eggplants are warm season vegetables and grow better in warm climates (70-80 degrees Fahrenheit.)

Eggplants are high in vitamins A and C.

When purchasing eggplants make sure they have a bright green stem and have a shiny deep purple color.

### Eggplant Veggie Fritters

#### Ingredients

- 2 cups shredded eggplant
- 2 eggs
- ½ teaspoon salt
- ½ cup all-purpose flour
- ½ cup Italian breadcrumbs
- ½ cup mozzarella cheese
- 2 tablespoons olive oil
- Additional breadcrumbs to roll nuggets in



#### Directions

1. Peel and shred eggplant. Place shredded eggplant in a colander and press on it, removing the excess liquid. Put shredded eggplant in a large bowl. Add eggs, salt, flour, breadcrumbs, and mozzarella cheese to bowl. Use your hands or a spoon to mix thoroughly.
2. Add olive oil to a frying pan over medium high heat. Shape the eggplant mixture into nugget shapes and roll in additional breadcrumbs to cover.
3. Place the fritters in a frying pan and cook until brown on both sides. Cook for about 2-3 minutes on one side before flipping to the other side. If you can't fit all the nuggets into the frying pan, you will need to repeat this process.
4. Serve right away with BBQ sauce, ketchup, and mustard.

### SNAP Corner

SNAP provides monetary assistance to supplement the food budget of households that meet the financial and resource requirements.

This institution is an equal opportunity provider. In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>



**NC SNAP-ED**