Back to School Brain Fuel

Fuel for Back to School!

Keep kids energized for sports, play, and homework with snacks that taste great AND power their bodies and brains.

Snack Smart: The Magic Formula

Every snack should include Protein + Complex Carbs for lasting energy.

- **Protein:** cheese, yogurt, nuts, nut butters, hummus
- **Complex Carbs:** whole grain crackers, fruit, veggies, oats

Why Protein & Carbs Work Together

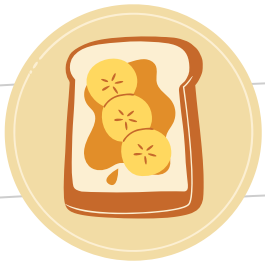
Carbs give kids quick energy to jump into activities, while protein helps keep that energy going and supports growing muscles. When paired, they help kids stay full longer, stay focused, and avoid energy crashes.

Quick & Easy Snack Ideas

- Apple slices + peanut butter
- Whole grain crackers + cheese cubes
- Veggies sticks + hummus
- Greek yogurt + berries
- Trail mix with nuts and dried fruit

Don't Forget to Hydrate!

Water keeps kids focused and active!
Keep the soda and juice. Add fruit slices to water for natural flavor!



Snack Portion Power

Kids need snacks to fuel, not fill!
Aim for:

- Protein: about the size of a golf ball (nuts cheese)
- Fruit/Veg: a handful or small cup
- Grains: a palm-sized serving of whole-grain crackers or bread

Pumpkin Yogurt Dip

Mix:

- 1 cup Greek yogurt
- 2 tbsp pumpkin puree
- 1 tsp honey
- dash of cinnamon

Serve with apple slices or graham crackers!