

# CMH DIETITIAN'S NEWSLETTER

AUGUST 2025

## BACK-TO SCHOOL

Back-to-School time has been celebrated for over sixty years. It marks the end of summer and start of another school year. Whether that's preschool or secondary education, this is a busy season in most families lives. Did you know the average American family spends \$700 on back-to-school shopping? About 78 million students go back to school every fall. Spend this month preparing for not only school supplies but knowing what will help fuel young minds to be prepared for learning.

## MEAL PREPPING

- 1 Freezer Bag Dinner
- 2 Meal Prep for the Week
- 3 Banish Brown Bag Boredom

## BROWN BAG BOREDOM BUSTERS

Plan ahead. Involve your kids in the process. Cook once and use leftovers creatively. Try English muffins, tortillas, mini naan or pita bread in place of bread for a sandwich. Make a meal in a bowl for something different: add a protein, veggie and grain. **For more lunch ideas visit:**  
<https://www.theleangreenbean.com/?s=school+lunch+ideas>

## HEALTHY AFTER SCHOOL SNACKS

- Grapes and cheese
- Apple slices with nut butter
- Mixed nuts and dried fruit
- Carrots and hummus
- Celery, peanut butter and raisins

## CONTACT INFO

Register for nutrition coaching  
on [ManageWell.com](https://www.ManageWell.com)

Phone: 417-328-6752



### Chicken Cacciatore

Get Chicken Cacciatore Recipe from Food Network



<https://www.foodnetwork.com/recipes/ellie-krieger/chicken-cacciatore-recipe-1946138>



**FOLLOW THE LINKS!**

Try this meal prep breakfast to help your morning routine.



<https://feelgoodfoodie.net/recipe/sheet-pan-egg-sandwiches/#wprm-recipe-container-5753>