



Peach-y Sweet Summertime Treats

August is ***National Peach Month***, and there's no better time to enjoy this juicy summer fruit! Peaches are packed with vitamin C, fiber, and antioxidants that support growing bodies and healthy immune systems. They make a sweet foundation for many appetizers, salads, desserts, and beverages – you can find plenty of [peach-tastic recipe options here](#). Visit your local farmers market and let your kids help choose the ripest peaches; research shows children are more likely to try foods they help select and prepare.

Tiny Seeds, Big Benefits – Getting to Know Chia Seeds

Don't let their small size fool you – [chia seeds are loaded with nutrition](#)! These tiny seeds provide fiber, protein, and heart-healthy omega-3 fats that help support brain development, digestion, and overall health. Chia seeds can easily be sprinkled into yogurt, oatmeal, cereal, or homemade baked goods, and they blend seamlessly into smoothies.

Try this [kid-friendly smoothie recipe](#) and let your children help measure and blend the ingredients.





Back-to-School Breakfast Blueprint

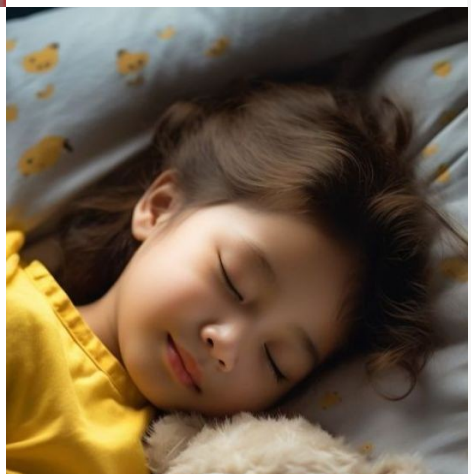
As the school year begins, breakfast remains one of the most important tools for helping kids learn, grow, and thrive. A balanced breakfast that includes protein, whole grains, and fruits or vegetables can help improve concentration, energy levels, and school performance throughout the morning.

Protein		Whole Grain		Fruit or Vegetable
Scrambled Eggs	+	Whole Wheat Bagel	+	Avocado
Peanut Butter	+	Oatmeal	+	Sliced Banana
Greek Yogurt	+	Granola	+	Diced Strawberries

Need more ready-to-go ideas? [Here is a list of RD-approved ideas](#) to store in your pantry, fridge, and freezer to make busy mornings more enjoyable without sacrificing good nutrition

Slumber for Success

Getting enough sleep does more than help kids feel rested; it plays an important role in overall health and nutrition, too. In fact, [too little sleep may be linked to gaining weight and developing Type 2 Diabetes, as some research is suggesting](#). Children who consistently get [adequate sleep](#) are more likely to maintain healthy eating habits, regulate hunger cues, and have the energy they need for learning and physical activity. As school routines return, focus on creating a consistent bedtime schedule and limiting



screens before bed. Pairing healthy sleep habits with balanced nutrition can help set your child up for success both in and out of the classroom.

Sleep-Friendly Snack Idea: Try a small bedtime snack that combines carbohydrates and protein, such as whole-grain crackers with cheese or a banana with peanut butter, if your child is hungry before bed.



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Abbie Hebron is a Registered Dietitian, specializing in pediatric nutrition (Certified Specialist in Pediatric Nutrition). She graduated with her Bachelor of Science in Dietetics from Missouri State University, and then attended the University of Rhode Island where she earned her master's degree. She is a member of the Academy of Nutrition and Dietetics and was the recipient of South Carolina's Recognized Young Dietitian of the Year Award in 2022. In her free time, Abbie enjoys baking, traveling, hiking, and playing tennis with family and friends.

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