



Flip for Breakfast – National Pancake Day

Who doesn't love pancakes? **National Pancake Day**, September 26, is a fun opportunity to gather in the kitchen and create a nutritious breakfast the whole family will enjoy. These [kid-friendly banana pancakes](#) are naturally sweetened with ripe bananas and provide a delicious way to start the day with fruit, whole grains, and protein. Let your kids help mash, mix, and flip as they learn valuable kitchen skills – and maybe even discover a new favorite breakfast!

Budget-Friendly Buys

Feeding a family can feel expensive, but healthy eating doesn't have to break the bank. Simple strategies like [planning meals ahead](#), shopping sales, [buying seasonal produce](#), and [using pantry staples](#) such as beans, oats, and frozen vegetables can help stretch your food budget while still providing excellent nutrition. Remember that nutritious choices come in many forms – fresh, frozen, canned, and dried foods can all be part of a healthy diet. Check out [this Eat Right video](#) for practical tips to help your family eat well while saving money.



Give Kale a Chance

Fall is approaching, and there are [so many wonderful seasonal produce options](#) this time of year. Kale often gets a bad reputation as a "grown-up food," but this leafy green is packed with nutrients that help support healthy bones, eyes, and immune systems. The secret is all in how you prepare it! When [blended into smoothies](#), [baked into crispy chips](#), [stirred into soups](#), or [mixed into pasta dishes](#), kale can become surprisingly kid-friendly. This month, challenge your family to try kale in a new way – you may be surprised to [find a recipe](#) that even your pickiest eater enjoys.

Promoting Positive Body Image

Children begin forming opinions about their bodies at a young age, making it important for parents to create a positive and supportive environment. Here are just a few of [many key recommendations](#) Children's Hospital of Colorado offers on how to foster body positivity in these formative years.

- Focus on what bodies can *do* rather than *how they look* – running, learning, playing, growing, and exploring.
- Avoid labeling foods as "good" or "bad," and instead emphasize balance, nourishment, and enjoyment.
- Encourage mindful physical activity as a fun way for the whole family to move their bodies together.
- Limit access to social media to avoid negative messaging from reaching your child.

By modeling positive self-talk and celebrating individual strengths, parents can help children develop confidence and a healthy relationship with food, movement, and their bodies for years to come.



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About the author



Abbie Hebron, MS, RD, CSP, LD, CNSC

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.

CONTACT US

Mail : sales@hotlunch.com

Call Us : [1-888-376-7136](tel:1-888-376-7136)

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