

Backpack Nutrition News



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Start Your Day With Breakfast

We hurry to get ready for work, school and daycare. Our mornings can be so busy. Take time to eat!

Help your child learn a healthy eating habit—Start every day with breakfast!

Children who learn to eat breakfast when young will continue to eat breakfast as teenagers and adults.

We know breakfast is important but there never seems to be enough time.



- ♥ Spread peanut butter on whole wheat toast or tortilla. Top with sliced bananas and roll up.
- ♥ Waffles topped with applesauce or strawberry flavored yogurt.
- ♥ Pancakes topped with peanut butter or applesauce.
- ♥ Eat banana bread, a blueberry muffin or apple muffin with juice.
- ♥ Top an English muffin with peanut butter.
- ♥ Whole wheat tortilla with sliced turkey, ham or hummus.
- ♥ Serve a bowl of fruit with whole wheat toast.
- ♥ Mix your child's favorite cereals together. Bring along in a plastic bag.
- ♥ Try a breakfast wrap.

What can you do?

- Buy breakfast cereals that are whole grain and low in sugar
- Eat breakfast every day with your children
- Make breakfast wraps with whole wheat tortillas

Breakfast Wraps

- ~ Scrambled eggs
- ~ Chopped ham
- ~ Salsa
- ~ Whole Wheat Tortilla



Warm tortilla and ham in a microwave. Top with scrambled eggs. Add salsa if desired. Roll up and eat!



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Community Resources

Food and Nutrition Resources

Eligibility Assistance

- ♥ **Bridge to Benefits**, www.bridgetobenefits.org, is an online benefits eligibility screening tool for families to see what public programs they may qualify for to help them stretch their budget. If you do not have access to the Internet, call the Minnesota Food Hotline at 1-888-711-1151 to connect with someone who can walk through the Bridge to Benefits online tool with you over the phone.
- ♥ **SNAP Outreach (federal food support program enrollment assistance)** : Provides information about food support, screening and application assistance. Provided by Second Harvest Heartland. Call Tina England at 507-514-3535.
- ♥ **United Way's 2-1-1**: Times are tough for everyone right now. If you or someone you know needs help, dial 2-1-1 on any land-line phone or dial 1-800-543-7709 on any cell phone. Get connected to the help and resources that will help you get through these tough times. It's free, confidential and available 24/7. Trained information specialists and volunteers can connect you to over 40,000 community resources available throughout Minnesota.

Food Assistance Programs

- ♥ **ECHO Food Shelf**: Serves Blue Earth County and North Mankato residents. 1014 S Front Street, Mankato. To register for assistance, attend in person and bring proof of identity (drivers license or photo id). Once registered you can make an appointment to use the shelf and choose your items (similar to a grocery store). Each household can visit 12 times per year (July 1 -June 30). If phones are busy, please keep trying - walk-ins always welcome. Call to register or schedule an appointment: 507-345-7508.
- ♥ **Fare for All**: No requirements. Save up to 40% on your monthly groceries. Purchase discounted meats, veggies, and general grocery packages. Monthly pick up at Bethel Baptist Church 1250 Monks Avenue, Mankato. Call 1-800-582-4291 for dates and times.
- ♥ **Federal Food Support Program (SNAP)**: Formally Food Stamps. Blue Earth County Government Center 410 S 5th Street Mankato. Call 507-304-4335
- ♥ **Food for All**: Distribution 2nd Saturday of the month starts at 9:30 a.m. \$3 donation. 1700 3rd Avenue, Mankato. Call 507-625-7228 for more information.
- ♥ **Nutrition Assistance Program for Seniors (NAPS)**: Men and women over age 60. Provides a monthly food package. Call 1-800-365-0270.
- ♥ **Women's Infants and Children (WIC)**: Women can apply for assistance while pregnant, for their newborn or their children up to age 5. 410 S. 5th St., Mankato. Call 507-304-4163.

Meal Assistance Programs

- ♥ **Meals on Wheels**: Well balanced meals available for individuals 60 years of age and over. Meals are delivered or individuals meet at a location to eat. Call 507-387-4076 for more information and site locations.
- ♥ **Salvation Army's Noon Meal Program**: Free noon meal served 5 days a week from 12pm-1pm at the downtown Salvation Army building, 700 S Riverfront Drive, Mankato. All are welcome, no one goes away hungry! For more information, please contact Salvation Army at 507-345-7840.
- ♥ **Community Supper**: Hosted Wednesday Night from 5:00-6:00 pm at Christ the King Lutheran Church, 207 McConnell Street, Mankato, 507-345-5056. Free of charge.
- ♥ **Campus Kitchen Project**: Nationwide student led initiative. For more information 507-389-6076.

Education Programs

- ♥ **Health and Nutrition Program (University of Minnesota Extension)**: Food budgeting, nutrition and food education. Blue Earth County Courthouse, 204 S 5th Street, Suite 330, Mankato. Call 507-304-4141.

Medical & Dental Assistance

- ♥ **Open Door Health Center**: Provides treatment for chronic and acute health conditions, and preventive and restorative dental care for low-income, uninsured individuals and families living in the Greater Mankato area. Call 507-388-2120.

