

The Healthy Living Beet: September Issue

Hitting Your Nutritional Goals

Starting a new school year can be very hectic and stressful. In this month's newsletter, we will give you tips and tricks on how to manage the chaos of a new schedule and still stick to all of your goals! Firstly, it's important to know that life itself is imperfect, so if your schedule doesn't always go to plan, that is okay! Unexpected things will happen.

However, having a plan and making goals can be a good way to work towards the accomplishments that you aim to make. In regard to nutrition, meal prepping can be a great way to hit all of your individual nutritional goals during busy times. Meal prepping can be as simple as portioning out all of your snacks for the day or making your lunch the night before school. In the "lettuce share" section of this Newsletter, we give you

resources on how to make lunch an enjoyable experience and how to research your school lunch program. It is important to fuel your body and brain for the school day, and eating lunch is a key component in feeling and performing your best in the classroom.

Ensuring that the foods you are eating are ones in which you enjoy is important. We encourage you to make a list of potential meals and snacks that you enjoy or wish to start eating. You can then categorize the foods on your list as protein foods, dairy, fruits, vegetables, grains, and healthy fats. Once you have all the foods categorized you can pick and choose from the list, and create your own lunch diverse in different food groups! Hopefully, this method will make meal prepping and planning out your lunches seem less daunting. Good luck this school year, we know you will all do amazing!

Sources: [MyPlate](#)

Highlights:

Your next ambassador report deadline is
December 10th. Reports can be submitted here:
<https://tinyurl.com/ambreports>

Lettuce Share

Click these links to check out this
month's tools:

[Eat Right](#)

[USDA](#)

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Greek Yogurt Pizza Dough

Ingredients

2 cups all-purpose flour
1 teaspoon salt
3 teaspoons baking powder
1 cup plain Greek yogurt (full-fat)



Directions

1. First, preheat the oven to 400 Degrees F.
2. Next, combine flour, baking powder, and salt into a singular bowl and mix together.
3. Then, add the full-fat plain Greek yogurt into the bowl.
4. Cover the bowl and allow it to rest for 20 minutes.
5. After 20 minutes, lay out wax paper and sprinkle it with flour.
6. Place your dough on the wax paper, and roll it into your desired pizza shape.
7. Lastly, add your desired sauce, cheese, and fresh toppings.
8. Cook for 15-20 minutes. (Cooking time may vary depending on crust thickness.)