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UPCOMING KEY DATES

Sundays at 8PM – Weekly
Challenge Email

Wednesdays at 9AM –
Facebook LIVE Broadcast

Week 4: On the Go Snacks & Meal Prep

This week, let's take some time to plan and prepare snacks for the kids and create a meal plan that makes life easier.

Healthy On-the-Go Snacks - Eating healthy takes planning, and eating healthy while on-the-go takes even more. If you prepare simple and healthy snacks in advance, it's easier to feed the kids when they are hungry and ensure they are eating healthy.

Meal Planning - After a full day of fun, the last thing you want to do is figure out what to make for dinner or head to the grocery store to pick up needed ingredients. Instead, take time at the beginning of each week to set yourself up for success with a meal plan.

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Easy On the Go Snacks

Snack Ideas

- Energy bites (our favorite recipe below)
- Granola bars
- Fruit & dip (see dip recipe below)
- Sugar snap peas, carrots, pita chips & hummus
- Popcorn
- Dried fruit
- Hard Boiled Eggs
- Mini muffins (see recipe below)
- Ants on a log
- Clementines
- Almonds
- Cheese
- Graham crackers
- Animal Crackers
- Pretzels

Snack Tips

Get your summer outing gear ready - Have a small cooler, ice packs, reusable plastic containers, water bottles and wipes on hand.

Keep it simple - on hot days kids do not want to eat heavy meals. Offering simple, single ingredient healthy snacks will keep them fueled for summer fun.

Pack a lunch for every outing - Do this even if you do not expect to be out long. Summer is about fun and flexibility. You never know when a friend will call to meet at a park or a trip to the zoo will get extended by an animal show. Being prepared will save you money and the stress of hungry kids.

Offer Water First - Always make sure you have enough water with you. Having it on-hand helps you avoid dehydration and the temptation to buy sugary drinks while you are out. When you or your children feel hungry, first drink some water. Oftentimes, hunger is a sign of needing fluids not food, so keep the water bottles handy.

Try new foods - Kids get hungry from all the time playing outside. This is a great time to introduce new foods. The picnic table at the park is much less stressful than the dinner table.

Pack foods in reusable containers - Since everyone is together it's easier to serve, clean up and less waste!

Prep your food ahead of time - Slice cheese and store in an airtight container. Cut apples and dip them in a little lemon or lime juice to prevent browning. Make a dozen hard boiled eggs and have them ready in the fridge.

ENERGY BITES

INGREDIENTS

- 2 cup oatmeal (can substitute gluten free oatmeal)
- 2 cup unsweetened coconut flakes
- 1 cup ground flaxseed
- 1 cup peanut butter (can substitute another nut butter)
- 2/3 cup honey
- 1 tsp vanilla
- 2 Tablespoons Cacao Powder

STEPS

- Mix everything above in a medium bowl until thoroughly incorporated. A stand mixer is best for this task.
- Cover and put in the refrigerator for about an hour.
- Remove and roll into bite size balls
- Store in an airtight container and keep refrigerated for up to 1 week.

NOTES

BAKED BLUEBERRY OATMEAL CUPS

INGREDIENTS

- 2 cups old-fashioned rolled oats
- 2 bananas mashed
- 2 Tbsp coconut oil
- 2 Tbsp maple syrup
- 2 Tbsp milk
- 1/2 cup blueberries
- 2 Tbsp ground flaxseed
- 1 teaspoon vanilla

STEPS

- Preheat oven to 350.
- Mix all the dry ingredients in one bowl.
- Mix wet in another bowl.
- Combine wet and dry ingredients. Mix well.
- Fill muffin tins.
- Bake in the oven for about 20-25 minutes.

NOTES

PEANUT BUTTER FRUIT DIP

INGREDIENTS

- 1 5oz container Greek yogurt vanilla
- 2 Tbsp peanut butter
- 2 Tbsp honey
- 1/8 tsp cinnamon ground

STEPS

- Mix all ingredients together in a bowl until well blended
- Serve with cut fruit

NOTES

How to Make an Easy to Follow Meal Plan

Step 1 - Think of the seven easiest meals you could make this week and write them down. You can use the meal plan sheet provided or a regular sheet of paper. Choose meals that you know most of your family will eat. Make sure to write down the side dishes as well. For example:

- Tacos, Refried Beans and fruit
- Spaghetti, Green Beans and Garlic Bread
- Meatballs in Gravy, Mashed Potatoes and Peas
- Chicken Salad Sandwiches, Potato Wedges and Grilled Veggies
- Chicken Tenders, Macaroni and Cheese and Green Beans
- Homemade Pizza and Salad
- Breakfast for Dinner – Eggs, Toast, Bacon and Fruit

Step 2 - Check the ingredients you have and create a grocery list based on what you need for the meals you listed. Make one big trip to the store to get the ingredients for the dinners (as well as for breakfast, lunch and snacks).

Step 3 - Put the list of meals on the fridge. If you want you can assign a meal to a specific day. Or you can just list the meals and pick and choose which you want to make each evening. Either way, you can check the list each night to determine what to make.

Meal Prep Tips

Keep it simple - On hot days kids do not want to eat heavy meals. Offering simple, single ingredient healthy snacks will keep them fueled for summer fun.

Compile a complete list of all the meals you regularly make - Then you can pick and choose from this long list to quickly compile your weekly meal plan.

Double recipes so you can freeze for a later meal - Cooking on one summer night is always better than having to cook on two.

Make a salad bar - With so many fresh vegetables available, salads are a great summer meal. But many times the kids turn their noses to salads. Instead of combining ingredients into a salad bowl, serve a salad bar instead. Then let them choose how to fill their plate.

Use the Grill, Crock Pot or Instant Pot - Meals that don't require you to heat up the kitchen during a hot summer day are always a good choice.



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WEEKLY MEAL PLAN

MON

TUES

WED

THU

FRI

SAT

SUN

THINGS TO BUY

NOTES: