

P-EBT Food Assistance Benefits for Families

For questions regarding PEBT, please follow [this link](#).

Sometimes you just need a little reminder of ways to improve your family's eating and activity habits. It does not have to be drastic. In fact, smaller steps are easier to follow and incorporate into your family's daily routine. You may be surprised how the littlest changes can make a significant difference in your family's overall health and well-being.

Chef has a little healthy tip to help you get started!

Avoid foods that are breaded and deep-fried. They are high in fat and calories.



Meals are available during times when schools shut down. We offer 5 days of breakfast and lunches. Preorder using [the link](#).

Smart Snacking

A Very Berry Smoothie

Something refreshing and healthy to drink

Ingredients

- Banana, medium, frozen 1 each
- Raspberry Yogurt, Low fat 1 cup
- Cranberry Juice Cocktail light, reduced sugar 2/3 cup(s)
- Blueberries, frozen 1/2 cup(s)
- Raspberries, frozen 1/2 cup(s)

Directions

Place all ingredients into a blender. Puree ingredients until well combined. Pour into 2 glasses of equal portions and enjoy.

Questions?

**Joanne VanHouten
Director of Dining Services
Lapeer Community Schools
810-538-1649**