



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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Soyfoods Go to School

"I'm tired of this." "I don't like that." Just weeks into the new school year, are you hearing these statements about school lunch? What to pack for lunch at school is a dilemma many parents face each fall.

"Parents who choose to send their kids to school with a lunch packed at home have several considerations to make, like food safety, healthy and balanced meals and well-liked foods," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County.

Tips from www.extension.org to help ensure a healthy, safe and tasty lunch include:

- Make a list, with the input of your kids, of all the food options your child will eat. Organize the list by food groups. Then add a second column to your list, and indicate whether or not that item needs to be kept cold. If it does, then be sure your child has an insulated lunch box and include a frozen gel pack, juice box or bottle of water.
- Let your kids help choose what will go into their lunch, whether it's from your cupboards at home or at the store. Try to include a variety of whole grains and foods naturally low in fat and added sugar.
- Have plenty of snack- and sandwich-size plastic zip bags or reusable containers on hand.
- Ask kids to pick and pack at least one serving from each of the five food groups.
- Use packing a lunch as an opportunity to talk about nutrition, health, and the importance of variety. Check in with your kids every once in a while to see if they're packing the right amounts of food or if they'd like some different food choices.

"Including soyfoods will add some variety and nutrition to lunch and possibly be a fun way for you and your child to try a new food together," states Hofing. "Soyfoods support healthy growth and development for everyone, and starting soy early with children means establishing a healthy habit for life," Hofing adds.

Some of the soyfoods that pack easily in a lunch include soynuts, individual single serving soymilk, and edamame. There are soy protein-based energy bars, chips, and crackers, too. If the students have access to a microwave, then other options could easily include items like veggie burgers. Most of these take just one to two minutes, and they're ready to eat. Planning ahead by using soyfoods to make a

batch of muffins over the weekend can also be a nice addition to lunch during the week. When needed, always be sure that lunches get a cold pack to keep food safe.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee (MSPC) represents the soybean producers in the state and funds soybean research and educational efforts. For more information on the MSPC, visit www.michigansoybean.org. For information on MSU Extension programs, visit www.msue.msu.edu.

Here is an easy soyfood muffin recipe – a tasty accompaniment to lunch. Look for more soyfood ideas at www.soyconnection.com.

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BLUEBERRY MUFFINS

Servings: 12 muffins

1 1/2 cups all-purpose flour

1/2 cup soy flour

2 teaspoons baking powder

1/2 teaspoon salt

2/3 cup light brown sugar

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1 cup vanilla soymilk

2 egg whites

1/4 cup unsweetened applesauce

1/2 teaspoon vanilla extract

2 tablespoons soybean oil

1 1/4 cup fresh or frozen (unthawed) blueberries

Preheat oven to 375°F. In large mixing bowl, stir together flours, baking powder, salt, brown sugar, nutmeg, and cinnamon. In a small bowl, whisk together the soymilk, egg whites, applesauce, vanilla, and oil. Pour into the dry ingredients and mix just until blended. Gently fold blueberries into the batter. Divide the batter evenly among 12 lightly greased or paper-lined muffin cups. Bake for 15 to 18 minutes or until golden and a toothpick placed in center comes out clean. Remove from muffin tins immediately on to cooling rack.

Nutrition information per serving: 164 calories, 4 g protein (2.5 g soy protein), 30 g carbohydrate, 3.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 193 mg sodium, 1 g dietary fiber

(Recipe from 2001 Soyfoods Guide)