

Easy Back-To-School Lunches

BY LAUREN CHATTMAN
© 2015, Newsday

When my youngest child leaves for college in two years, I'll miss her. But I won't miss packing her lunchbox every day. If only I had had the foresight to assign this task to my kids when they entered kindergarten.

If you have little ones, don't make the same mistake. Have them pack their own lunches from the get-go, and you'll save yourself a lot of time and grief. You'll also give them the sense of empowerment that goes along with making their own decisions. When they take responsibility for their lunches, kids also learn something about food preparation and healthy eating.

Before handing them brown bags and telling them to get going, prepare them, and yourself, with these three tips:

1. SET NUTRITIONAL GUIDELINES

You don't want your kid throwing a Twinkie and a can of soda in a sack before heading for the bus stop. Before they pack their first lunch, explain that a balanced meal includes protein, carbohydrates, fruit or vegetables and a reasonable treat. Each category should be checked off mentally or on an actual checklist as they put the food in a lunchbox or bag.

2. STOCK THE FRIDGE AND PANTRY

There are no quick and healthy lunches without the right ingredients. Once or twice a week, restock your refrigerator and pantry with the protein, carbohydrates, fruits and vegetables and snacks that your kids like. Slice rolls in half before freezing, cut up vegetables, if necessary, stock a basket or drawer with chips, raisins and pretzels. Make a batch of trail mix or granola bars for the week.

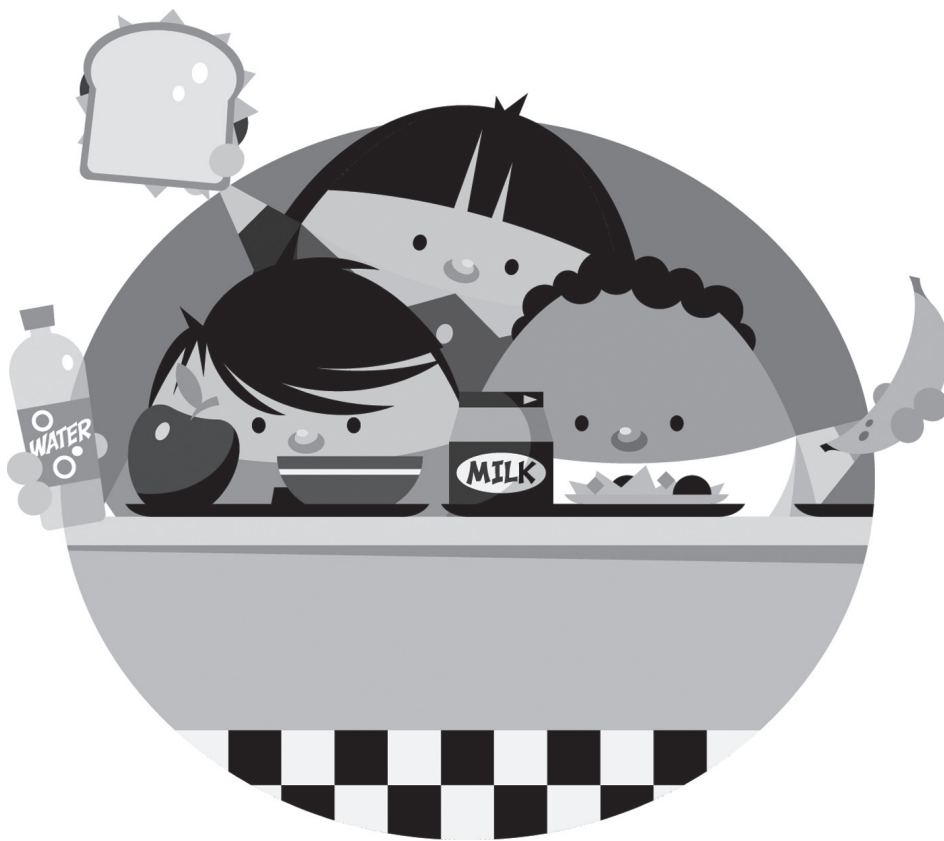


IMAGE: METRO GRAPHICS

—voila!— lunch is done.

PEANUT BUTTER AND ...

Another spread-and-go option. If your child doesn't like jelly, provide something like honey, banana (easy to cut with a butter knife), bacon (precooked by you in the microwave), pickles. There's a combination for everyone.

GOAT CHEESE AND SALAMI ON A ROLL

Slice crusty sandwich rolls before freezing them, so they're always on hand. Your child can spread goat cheese on one side, top with salami, wrap in plastic, and let the sandwich defrost in the lunchbox. For a vegetarian alternative, skip the salami and spread some pesto on the other side of the roll.

HAM, CHEESE AND MUSTARD ON WHOLE-GRAIN BREAD

3. MAKE PACKING SUPPLIES ACCESSIBLE


Keep small containers for snacks and sandwiches, plastic forks and knives, and paper napkins all in one place, near the lunchboxes and water bottles. Have several icepacks in the freezer to keep lunches cold all morning.

Some Easy Lunches

Making lunch doesn't have to mean a lot of slicing and dicing. Even a 5-year-old can put together one of the following protein and carbohydrate combinations, no chef's knife necessary.

TURKEY AND HUMMUS WRAPS

Hummus is easy to spread on a flatbread or tortilla. Top with a few slices of turkey and maybe some lettuce leaves, roll up and



BOONE COUNTY HEALTH CENTER

Has opening for a
MT/MLT
Full-Time

More information about these positions can be found on our website. We offer an excellent total compensation package.

Please apply online at www.boonecohealth.org or send resume to or contact:
Jennifer Beierman, BCHC Human Resources
723 W. Fairview, P.O. Box 151, Albion, NE 68620
402-395-3130
BCHC is an equal Opportunity Employer

FARM EQUIPMENT AUCTION

Friday, September 18, 2015
Located: 53682 892 Rd., Bloomfield, NE
From Crofton, NE, go 12 miles west on Hwy 12 to Lindy corner, 2 miles north to 892 Rd and 2 1/4 miles west. -OR- From Niobrara, NE go 14 miles east on Hwy 12 to Lindy corner, 2 miles north to 892 Rd, then 2 1/4 miles West.

AUCTION Starts @ 10:00 A.M. LUNCH AVAILABLE

AUCTIONEERS NOTE: Plan to join us for this auction and help Leslie and Denise celebrate their retirement from a successful farming operation.

TRACTORS AND SKID LOADER, TRACTORS HAVE GOOD TO EXCELLENT RUBBER: JD 4430, Power Shift, 18.4x38 rears, 11 x 16 front tires, front and rear weights, heavy step, about 8500 hrs SN 033611. JD 2950 MFD, power Quad, 18.4x38 Rear wheels, rear weights, 3 pt., cab, front grill guard, with JD 158 loader, 8 ft. bucket and 4 tine grapple, sold as a unit. JD 2940 MFD, Power Quad, 18.4 x 34 Rear, 13.6 x 24 Front, Cab, 3 pt. Rear Weights, New Clutch, New Interior with JD 260 Loader, 8 ft. Bucket and Grapple, sold as a unit. JD 3055, 18.4x38 Rear, Cab, 3 pt. 2 Hyd, 5900 Hrs, SN 7575509. JD 4020, Syncro, Single Hyd, 15.5 x 38 Rears with Heavy Duty Wide Front, SN-113418. JD 630, Gas, JD Square Wide Front, 3 pt., 13.6 x 38 Rears, SN-6370968 Good Tin and Tires, not running. Case 1070 Agri King, Power Shift, 18.4 x 38 Tires, 4990 Hrs. SN 8743405. New Holland L325 Skid Loader w/54" bucket. **TRUCKS, PICKUP AND TRAILERS:** 2003 Ford F 350 XL Super Duty, Auto, 4 x 4, V10, Grill Guard, w/ 8 ft. Flat Bed, Tool Boxes, 5th Wheel Ball, 85,500 miles. 1967 Ford 600 w/ 16ft. Obe Co. Steel Box, Hoist, 4 x 2 Speed, 63,800 miles, Trail Rito 5th Wheel Livestock Trailer, 20 x 6.5. 5th Wheel Flatbed 20ft. x 8ft, Tandem Axle, Steel Floor, shop built 2-Wheel Pickup Box Trailer w/ Topper. 2-Wheel Truck Frame Flatbed, w/ 1200 gal. Tank and Pacer Transfer Pump 2-Wheel Truck Frame Flatbed 16ft. **LIVESTOCK EQUIPMENT:** Dual Tandem Axle Manure Spreader Model 600. Portable Hyd. Lift 19 ft. Adjustable Alley w/ Power River Squeeze Chute and Tub for above Alley. For Most Portable Squeeze Chute w/ Palpation Cage on Wheels. Calf Chute Table Style. Hoshiina 24 ft. Hay Feeder. (2) Steel Calf Shelters. 20 ft. Steel Feed Bunk. Calf Creep Feeder single side. Electric Fencers. Round & Square Bale Feeders. RR Ties. Several Guard Rails for Fencing. 3 pt. Calf Carrier. Grain-o-Vator auger Wagon. 2-Wheel Calf Carrier for 4-Wheeler. **COMBINE AND FARM MACHINERY:** JD 6600 Combine, Belt drive, 3100 hrs., SN-256891. JD 4400 1978 Combine, 3850 hrs. JD 444 Corn Head Low Tin. JD 566 Round Baler, 540 PTO, SN-117187, 8000 Bales. JD 530 Round Baler McDon 5000, Swinger Windrower, 12 Ft. Vermeer R 23 Twin V Rake, Pequea 710 Windrow Fluffer. Farm Hand 24 ft. Hay Mover, 8 Teeth, 8 Wheels. JD 7200 Corn Planter, Max Emerige 2, 8-row wide, Finger Openers, corn & bean meters. IHC 5100, Grain Drill w/ grass seed attachment 12 ft. United Farm Tools 400 Bu. Grain Cart. Pull Type Field Sprayer, 700 Gal, 60 ft. Booms. Farmhand F-11 Loader, 6 ft. Bucket w/ Grapple, 8 ft. Bucket for F-11 Loader. Case 90 Loader w/ 7 ft. Bucket and Grapple. Vermeer Portable Stump Grinder, Gas Engine, Model 630A. Kewanee 21 ft. Tandem Disc. LunDell 3 pt., 5 Shank V Ripper. Winco 12,000 Watt Generator on Cart. JD 215 Tandem Disc. Black Gang, w/ 3 bar Harrow. IHC 490 Tandem Disc. 24 ft. Kewanee 14 ft. Tandem Disc. New Holland 717 Silage Cutter w/ 2-row wide and hay head. Dakon 250 Bu. Gravity box on Truck frame. M-M Grain Drill w/Grass Seed, on steel, 10 ft.. Stan Hoist Wagon, 7ft. x 12ft. w/ JD Gear. Noble 256 Rolabar side delivery Rake. Kewanee 250, Super Shank Field Cultivator, 14 ft. IHC 153 Cultivator 4-row. Buffalo, 4-row Cultivator. 15 ft. Land Packer Rhino SE 7, 3pt. Shredder. (3) JD Running Gears. Lucker Dump Rake 30 ft. Dirt Scraper 2-3 yard. 3 pt. Bale Fork. 7 ft. 3 pt. Blade. Pull Type Goffer Getter. StanHoist Grain Auger 8ftx55ft. Federal Grain Auger 8ft x 46 ft. JD 4-Bottom Semi-Mount Plow. McKee Model 720 Snow Blower. Kewanee Model 190 Chisel Plow, 12 ft. 6 Bale Carrier, w/3 pt Bale Forks. Big John 300 gal. Field Sprayer 30 ft. Boom. NH 455 Pull Type Mower 9 ft. Bar. **HOUSE TO BE MOVED OR TORN DOWN:** 32 Ft. X 30 Ft., plus 21 Ft. X 6 Ft. Addition, 2 Story, 5 Bedroom, 2 Bath, Kitchen, Living room, Dining Room, Open Porch, New Siding and Windows. **SALVAGE MACHINERY:** Oldsmobile Cutlas Sierra. JD 6600 Combine, SN-14943. JD 444 Corn Head. Kelly Ryan Feed Wagon. JD 54 Manure Spreader. Oliver 2-row Corn Picker. NH 352 Grinder Mixer. IH 1100 Sickle Mower. Plus more. **SHOP AND MISCELLANEOUS:** PTO Wire Winder. Miller 225 Amp Welder AC-DC. Miller 215 Wire Welder. Napa Battery Charger. FarmHand 2 cpl Air Compressor. Floor Jack. New Brute Power Washer. Honda Gas Engine, 3000 psi, 2.5 gallons g.p.m. Out Back S-Lite Guidance System SN-224370. (2) 300 gal Fuel Tanks hooked together w/ electric pump. 300 gal Fuel Tank w/hand pump. New 55 gal. of 15-40 Oil. 300 gal Fuel Tank on Stand. Acetyline Torch set. 10 yd. Pile of Rock, 1 inch. JD Front Fenders for MFD. Shur-Kleen Corn Screener. Squirrel Cage Fan w/ Motor. DeWalt Saws All. 24 ft Aluminum Extn Ladder. Several Locker Drawers. 3 pt. Quick Hitch. 100 gal. Portable Fuel Tank w/ Pump. (2) JD Fertilizer Tanks for 7000 Planter. And many more tools and misc. items on flatbeds. **COLLECTIBLES, MOWERS AND HOUSEHOLD:** Hiawatha Bicycle w/ front light. Centurian Gun Safe - holds nine long guns, ammo and pistol. JD 110 Riding Mower, Needs Engine work. JD STX 38 Riding Mower. (2) JD Gas Engines on Carts. Hand Corn Sheller. (2) Oak Bar Stools. Cross cut Saw. Ammo Boxes. Maytag Washer and Dryer. Whirlpool Refrigerator. Crosley Electric Stove. Chest Freezer. Maytag Vintage Washer. Upright Cedar Chest. Portable Air Conditioner. Table and 4 Chairs. Window Air Conditioner. (4) Bow Back Chairs. Buffet. Piano. Desk. Hutch. Com Stove. Oak Rocker. Dresser. Vanity. Beds. Crib. Treadmill. Dog Kennel. Binoculars. Plus More!

LESLIE & DENISE YULE - OWNERS PHONE: 402-373-4776

SEE www.CHAUCTIONEERS.COM FOR LISTING & PHOTOS
Terms: Cash or Bankable Check. Not Responsible For Accidents or Theft.
AUCTION CONDUCTED BY:
CREAMER HEIMES JANSSEN AUCTIONEERS & APPRAISERS L.L.C.
RYAN CREAMER 402.254.9753
ALTON HEIMES 402.254.3315 ROGER JANSSEN: 402.388.4409

EHRESMANN ENGINEERING

For All Your Steel Needs!

STEEL SPECIALS

- Flat Bars • Solid Bars • Angle Iron • Channel Iron
- Round, Square & Rectangle Tubing
- Many More types of steel to choose from

We Want to be Your Steel Supplier

Call us at 605-665-7532

4400 W. 31st St., Yankton, SD 57078

ATTENTION HUNTERS

Please share your hunting photos with our readers.

Turkeys • Deer • Pheasant, Etc.
Or if you traveled to Africa and got something more exotic.

Email your photos and a caption to:
micki.schievelbein@yankton.net
or mail to:
Missouri Valley Shopper, 319 Walnut, Yankton, SD 57078
by September 24, 2015

Photos will NOT be returned



METTLER FERTILIZER INC.

CUSTOM DRILLING OF WINTER WHEAT WITH STARTER FERTILIZER

Contact any of our locations for details

- Menno 605-387-5513
- Hurley 605-327-3261
- Freeman 605-925-7230
- Tripp 605-935-6106

BULK WINTER WHEAT SEED VARIETIES AVAILABLE:

Certified Ideal	Certified Overland
Certified SY Wolf	Certified Wesley

Whole-grain bread, with lots of seeds, gives any sandwich a nutritional boost.

Keep a loaf in the freezer. A slice or two of ham and real cheese (I like Cabot's Cheddar slices) make a hearty filling.

GUACAMOLE, BLACK BEANS AND CORN CHIPS

Buy chips designed for scooping, so your child can pack them along with small containers of guacamole and drained canned black beans.

BOX-FREEZING AND PACKING HOMEMADE GRANOLA BARS

There's no comparison between the taste of store-bought and homemade granola bars. If you and your child work to make your own, you know exactly what's going into them and can customize them to your child's tastes. Use 3/4 cup of any combination of nuts and seeds that you'd like. Use whole-wheat flour instead of white flour. Swap in honey or molasses for the maple syrup. Substitute raisins, cranberries, dried blueberries or chocolate chips for the dried cherries.

Once your bars are cooled, cut them and wrap each one separately in plastic wrap. Put the wrapped bars in a zipper-lock bag or airtight container and place in the freezer. Bars can go straight from the freezer into the lunchbox, either the night before or the morning of a school day. (For a recipe for cherry and maple granola bars, see newsday.com/food)

CHERRY AND MAPLE GRANOLA BARS

3/4 cup old-fashioned rolled oats (not instant)

- 1/2 cup chopped walnuts
- 1/4 cup unsalted pumpkin seeds
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- Pinch nutmeg
- 1/2 cup canola oil
- 1/4 cup pure maple syrup
- 1/4 cup firmly packed light brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1/2 cup dried cherries

1. Preheat the oven to 350 degrees. Line an 8-inch-square baking pan with heavy-duty aluminum foil, making sure the foil is tucked into all the corners and that there is at least 1 inch overhanging the top of the pan on all sides.

2. Spread the oats, nuts and pumpkin sunflower seeds on a baking sheet and bake until they are lightly toasted, stirring once or twice with a spoon, about 10 minutes. Remove the pan from the oven and let the mixture cool completely.

3. Combine the flour, baking powder, salt, cinnamon, and nutmeg in a small mixing bowl.

4. Combine the oil, maple syrup and brown sugar in a large mixing bowl, and mix until smooth. Stir in the egg and vanilla. Stir in the flour mixture until it is just combined. Stir in the oat mixture until well combined. Stir in the dried cherries.

5. Pour the batter into the prepared baking pan. Bake the bars until they are set, 25 to 30 minutes. Let them cool completely on a wire rack.

6. Grasping the overhanging foil on either side of the pan, lift out the bars and place them on a cutting board. Cut them into 16 squares. The bars will keep at room temperature in an airtight container for up to 5 days. Makes 16 bars.



Too many mouths to feed?
Place an ad in the Missouri Valley Shopper today!

605-665-5884

MV Shopper

319 Walnut • Yankton, SD