

## LUNCHES FOR ALL

National Nutrition Month Week 2

March 3 - March 9

### Time-Saving Lunch Hacks



Meal prepping can prove to be very helpful to college students due to the amount of time it takes to cook a meal. A lot of the time, students have their schedules packed with classes, work, studying, extracurriculars, etc.. It's in their best interest to invest their time into meal prepping, so that it saves them time when they're not busy. Although this may seem time consuming it's proven to be effective for many including those who just want to eat healthier instead of opting for fast food options.

### What Happens When You Skip Lunch?

Skipping lunch is common for most due to the timing being in the middle of the day. Effects of skipping lunch include blood sugar levels dropping, which can cause dizziness or shakiness. It is also known to increase your blood glucose levels, which can overall increase your chances at getting diabetes. Regarding mental health, skipping lunch can lead to traces of anxiety and depression.

### Balance Is Key



# The Importance of a Hearty Lunch

It's important to maintain a healthy lunch because it serves as a mid-day checkpoint that can either push you to the finish line or deter you from going on with your day. Being a student requires having the energy to maintain flexibility at all hours during the day, that could include class, studying, hanging out with friends, etc.. As noted above, there are a variety of physical and mental consequences to skipping lunch due to the severe lack of nutrients that are present in lunch meals.

Recipe from: The International Osteoporosis Foundation

## PESTO AVOCADO CHICKPEA SALAD



### Ingredients:

- 15-ounce can chickpeas, drained and rinsed
- 1 shallot, diced
- ½ cup sweet corn
- ⅓ cup diced red pepper
- ¼ cup pesto
- 2 tablespoons chopped fresh basil
- 2 tablespoons plain greek yogurt
- 2 to 3 tablespoons mayo
- 1 teaspoon fresh lemon juice, plus extra for spritzing
- kosher salt and pepper

### Instructions:

- Place the chickpeas in a large bowl. Use a potato masher to smash about half of the chickpeas.
- Add in the shallot, corn, red pepper, pesto, basil, yogurt, lemon juice, and mayo. Add in a big pinch of salt and pepper. Mix everything together until combined. Taste and season with more salt and pepper if needed.
- Eat the salad as you wish! On it's own, on toast, in lettuce wraps, on crackers, etc. This stays great in the fridge for 3 to 4 days.

## Terps With Taste

Check out the latest blog post:  
'Beat the Afternoon Slump'

National Nutrition  
Month 2025  
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