

The Peanut Sun-Times



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News from the Texas Peanut Producers Board

Back-to-school time is peanut butter time!

It's that time of year again - the kids will be going back to school and parents will be making important decisions about what to pack in their lunch boxes.

This school year, make sure peanuts and peanut butter are a part of your child's daily diet.

Studies have shown children who have a healthy diet of protein-packed foods like peanut butter perform better at school. Texas peanuts and peanut butter are smart options for your kids because they are filling, contribute more than 30 essential nutrients and phytonutrients — like protein, vitamin E, magnesium, phospho-

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Texas peanut farmers promote healthy lifestyles at triathlon



"Peanut butter is always a part of my training. It gives me the energy I need to perform my best."

*- Mike Greer, age 70
Ironman competitor*

It's no secret — peanuts and peanut butter are packed full of energy and important nutrients. So, it's no wonder peanut butter makes the perfect energy-packed snack for athletes and active lifestyles.

To help spread the word about the nutritional benefits of peanut butter, the Texas Peanut Producers Board was the leading sponsor of this year's Buffalo Springs Lake Ironman held June 28.

The Ironman is a 70.3 mile race where athletes swim, bike and run their way through the terrain of the Texas South Plains. Over 1,500 competitors from all over the world came to test their strength and endurance during the 20th anniversary race.

TPPB sponsored the food tent at the event and provided Texas peanuts and peanut butter to competitors. The TPPB logo was also visible on all 13 mile markers along the running portion of the race.

"Peanuts are a great source of energy, and anyone competing in a 70-mile race certainly needs a food source that will keep them going," said Shelly Nutt, TPPB executive director.

Seventy-year-old Ironman competitor Mike Greer, who is also the race's coordinator eats peanut butter during every race. "Peanut butter is always a part of my training. It gives me the energy I need to perform my best."



Campaign educates urban media about agriculture

The Hand That Feeds U.S., is a new farmer-led project to improve relations with urban reporters, and some powerful U.S. lawmakers are asking the media to give farmers a chance.

The multi-year effort will consist of a webpage, as well as a series of face-to-face meetings with reporters across the country.

Senate Budget Committee Chairman Kent Conrad (D-ND) and Ranking Member of the Senate Agriculture Committee Saxby Chambliss (R-GA) asked the news industry to take the time to learn more about this effort, U.S. farm policy, and the farm and ranch families that keep America fed.

Go to TheHandThatFeedsUS.org to learn more about how farmers feed and clothe every person in this country.

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rus and manganese — and have zero cholesterol and no trans fats. Plus, kids love the great taste of peanut butter!

There are many ways parents can incorporate peanuts and peanut butter into their child's diet.

Besides its great taste and nutritional benefits, the trusty peanut butter and jelly sandwich is quick and easy to make. To make the PB&J even healthier, consider using whole-grain breads instead of white bread. Whole-grain bread is low in saturated fat and low in cholesterol, while providing an additional source of 20 vitamins and minerals.

Great peanut butter snacks are not limited to just peanut butter and jelly. You can promote healthy eating in the lunch box by pairing peanut butter with apples, celery or even dried fruits. Sixty-four percent of kids eat more fruits and veggies when paired with peanut butter, according to a Weekly Reader survey. Another pairing idea is a breakfast raisin-banana tortilla roll-up with a peanut butter apple spread.

Peanuts and peanut butter are just what kids and adults alike need to power through daily tasks and adventures.

Recipes

Peanut Butter Quesadillas

Ingredients: 4 - 6" whole wheat tortillas, 4 tablespoons peanut butter, 1 thinly sliced banana, and non-stick cooking spray

Directions: Spray sauce pan with non-stick cooking spray. Spread peanut butter evenly over two of the tortillas. Place thinly sliced bananas over the peanut butter. Cover each tortilla with peanut butter with another tortilla and heat in a skillet until warm on both sides. Cut both quesadillas into quarters and serve hot. Makes 2 quesadillas.



Go to www.texaspeanutboard.com for nutritional information for this recipe



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