



EVERY DAY BEGINS WITH A SIP.  
*Sip Smarter.*



### Kick off the School Year Right with 100% Juice

Fall has officially begun and so has the back-to-school season. While it may look a little different for some of your kiddos this year, it's as important as ever that they get the nutrients and vitamins their growing minds need. Sip Smarter shares a handful of back-to-school tips and recipes that will make the transition easier for kids and parents alike, while keeping their bellies full and their bodies healthy.

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### Three Easy and Healthy ways to Celebrate Fall with the Whole Family

After having now spent two seasons facing the day-to-day changes that COVID-19 has brought, this back-to-school season is just another reminder of how much life has been altered by the pandemic. However, back-to-school also denotes the unofficial and official start of fall, which can still be enjoyed by the whole family. There are easy and safe ways to enjoy the season by getting outside and enjoying the fall colors, sitting down for family meals, and of course enjoying the great fall fruits and veggies the season brings. Incorporate 100% fruit juice into seasonal recipes like this [Crock Pot Pulled Pork and Apples](#) or this [Orange Cranberry Oatmeal](#).

[Find More Fall Recipes and Ideas](#)



### Read Up on These Resources for Parents

#### The Perfect After-School Snack

Need an after-school snack idea for the kids? Try out this Cranberry Popcorn recipe. It's the perfect mix of sweet and savory. Plus it uses one of our favorite ingredients - 100% cranberry juice!

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Back-to-school season can mean just as much learning for parents as kids. As a parent, it can sometimes be hard to know all the best choices for your children. That's why Sip Smarter put together helpful resources for parents that includes nutrition and dietary information for kids, leading scientific research, delicious and kid-friendly recipes, and how 100% fruit juice can serve as an easy and healthy staple in their diets.

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