

# January



## Pick a better snack & ACT with your Family

### Make Meals Together

Making a list and sticking to it is a great way to stay organized and on a budget at the grocery store. Here is a new take on this strategy.

Different colored fruits and vegetables have different nutrients. When you plan your meals and make your list this week, try to include at least one fruit or vegetable in each color of the rainbow. Your family will appreciate the variety and get some terrific nutrition.

Make meals and memories together. It's a lesson they'll use for life.

### Be Picky in the Aisle

Spotlight on Grains

Dietary guidelines recommend that children need 5-7 ounces of grains per day and teens and adults need 6-8 ounces. At least half of these servings should be whole grains such as 100% whole wheat bread, brown rice or whole oats.

- To avoid waste, store bread that won't be eaten within the week in the freezer.

Visit this site for more tips:

[www.extension.iastate.edu/foodsavings/bread](http://www.extension.iastate.edu/foodsavings/bread)

### Action

Check out these fun winter activities!

- Organize a sledding or skating party with your family or the whole neighborhood.
- When it's too cold to play outside, take the family to the nearest mall to take a brisk walk and do some window shopping.
- Visit the library. It is a great resource for child and adult fitness videos and books. You can be physically active together and it is free!

### Tasty Tips

Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

- Personal pizza! Let everyone in the family create their own veggie pizza using whole wheat English muffins. Spread canned tomatoes (chopped or crushed) on the muffin and top with veggies like zucchini, peppers or broccoli. Sprinkle two tablespoons of low-fat cheese on top and bake at 400 or microwave until cheese is melted and all ingredients are hot.



Visit our website at [www.idph.state.us/pickabetersnack](http://www.idph.state.us/pickabetersnack)

Source: Iowa Department of Public Health



Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov) for more information.