

# February



## Pick a better snack & ACT with your Family

### Make Meals Together

We all have nights that are super busy. Cook ahead to avoid resorting to the drive-thru. On a slow night or the weekend whip up a couple of meals to keep in the freezer for a hectic night.

- Cut down on the work by making similar meals such as a chicken and vegetable stir-fry and chicken and vegetable soup
- When you have some extra time in the kitchen, bring your kids in to help you. They will learn skills that last a lifetime!

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

### Action

You can get a healthy amount of physical activity even in the winter weather!

- Limit TV time to a maximum of 2 hours per day.
- Sledding is great exercise, and an inexpensive sled can provide hours of active family fun.
- Build a fort, snowman or other snow sculpture with your kids.

Get out and play this winter!

### Be Picky in the Aisle

Spotlight on Meats

The Dietary Guidelines recommend 4-5 ounces of meat per day for children ages 2-13 and 5-6.5 ounces for teens and adults. Meat can be expensive. Follow these tips to save money:

- Serve 2-3 ounce portions, about the size of a deck of cards.
- Mix meat with beans, rice, pasta or vegetables to stretch your dollar.
- Beans and eggs are inexpensive protein sources to use in place of meat.

### Tasty Tips

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

#### Simple Black Bean Salad

1. Pour 1 can of black beans into a colander and rinse under running water.
2. Add 1 cup canned or defrosted frozen corn.
3. Add 1/2 cup salsa.

\*Choose mild or hot salsa based on your family's taste.

This salad is even better after it has sat in the fridge for a day or two!



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

Source: Iowa Department of Public Health



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