

# March



## Pick a better snack & ACT with your Family

### Make Meals Together

Keeping track of what foods you have and what you need makes meal planning easier and saves money.

- Store leftovers in clear containers so you can easily spot what needs to be eaten.
- Keep a list on the fridge of what needs to be eaten in the next few days to avoid having to throw food out.
- Keep a list of what you need. Update it regularly to avoid extra trips to the store for forgotten items.

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

### Be Picky in the Aisle

#### Spotlight on Dairy

The Dietary Guidelines recommend 3 servings a day from the dairy group for people over age 8. Most kids age 2 and over should drink 1% or fat-free (skim) milk.

- Buy blocks or wedges of cheese. Pre-sliced or grated products tend to be more expensive.
- Individual milk and yogurt containers are typically more expensive than one large one.

### Action

#### Stress Busters!

Everyone (even kids) has daily stress that tightens muscles. Stretching is a good way to unwind, relax, and keep your muscles flexible. Here are some flexibility tips:

- Arm Circles: Circle arms forward and backwards, making small and large circles. Arm circles increase flexibility in the shoulder joints.
- Side Bends: With your hands on your waist, bend to each side and hold for five seconds. Side bends increase flexibility in the lower back.

### Tasty Tips

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

Roasted carrots are a quick and delicious side dish. They become very sweet when roasted so kids love them.

- Chop carrots into 1/2 inch pieces and toss with a small amount of olive oil, salt and pepper.
- Bake at 400 degrees for 12-15 minutes and enjoy!

It takes just an extra bit of chopping to make a double batch to save time later in the week.



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.