

April



Pick a better snack & ACT with your Family

Make Meals Together

Getting a meal on the table quickly is easier if you have a well-stocked freezer and pantry. Keep these items on hand:

- frozen vegetables like peas, broccoli, spinach and green beans
- frozen chicken and lean ground beef
- frozen berries
- whole grain pasta, brown rice, and low-salt seasonings
- canned tomatoes

*Stock up on these when they go on sale! Make meals and memories together. It's a lesson they'll use for life.

Action

Physical activity doesn't have to be sports. These activities are good for your health and fun for your family:

- Walk the dog.
- Fly a kite.
- Wash the car.
- Play in the sprinkler.
- Play hide and seek inside or outside.
- Get the family or neighborhood involved in a game of capture the flag or a limbo contest.

Be Picky in the Aisle

Spotlight on Fruit

The Dietary Guidelines recommend 1-1 1/2 cups of fruit daily for children and 1 1/2-2 cups for teens and adults.

- Purchase fruit in season for the best price.
- Pre-cut fruit is up to 3 times more expensive than whole fruit.
- Choose canned fruits packed in water or juice, not syrup.
- Limit dried fruit servings to 1/2 cup.

Check out this site for more information:

www.extension.iastate.edu/foodsavings/fruit

Tasty Tips

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

Challenge yourself to add a fruit or vegetable to every meal!

- Add fruit to your cereal or oatmeal.
- Mix asparagus, peppers and mushrooms into scrambled eggs.
- Add tomato slices and spinach to sandwiches.
- Eat dried fruits and pretzels for a snack.
- Add veggies to your family's favorite casseroles and pasta dishes.



Visit our website at 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 for more information.