

October



Pick a better snack & ACT with your Family

Make Meals Together

Menu and meal planning can seem challenging so get ideas from your grocery store's weekly ads.

- Scan the ads for sales and design your meals around the items that are on sale that week.
- Meat is often the most expensive part of a meal -- spot the best meat values and then fill out meals with fruits, vegetables, grains and milk.

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

Be Picky in the Aisle

Be a savvy shopper!

Check the entire shelf top to bottom to make sure you are getting the best deal. The name brand companies pay extra to be at eye level and that cost is passed on to you. Look below the name brand and you will often find a nearly identical product at a lower price.

Check out this Web site for more smart shopping tips:

<http://www.extension.iastate.edu/foodsavings/smartshopping/>

Action

Fall is such a gorgeous time of year in Iowa. Enjoy the season with your family by getting outside!

- Take a trip to a pumpkin patch.
- Take a nature walk and collect leaves.
- Take your camera (or buy an inexpensive disposable camera) on a walk in the woods and take pictures of the colorful leaves.
- Enjoy the cool evenings by walking to a park to check out the stars.

Tasty Tips

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

Pears and grapes are in season this time of year. Keep cleaned fruit on hand for snacks! Buy grapes while the price is low and freeze them for sweet treats all winter.

- Wash the grapes and allow them to dry completely.
- Spread them out on a cookie sheet and put them in the freezer.
- Once they're frozen solid, store them in the freezer in a plastic freezer bag.



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.