

December



Pick a better snack & ACT with your Family

Make Meals Together

Wasted food is wasted money. Plan for leftovers to reduce waste and get a meal together quickly. When planning meals for the week, plan to make enough to end up with a family meal of leftovers for a busy night. You'll have dinner on the table in minutes!

Check out this site for more tips for using leftovers:

www.extension.iastate.edu/foodsavings/leftovers

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

Be Picky in the Aisle

Spotlight on Vegetables

Dietary guidelines recommend 1 1/2 to 2 1/2 cups of vegetables daily for young children and 2 1/2 to 3 cups daily for teens and adults.

A smart strategy is to buy vegetables that are in season; they cost less and are likely to be at their peak flavor.

For more information check out this Web site: www.extension.iastate.edu/foodsavings/vegetable

Act-ion

This is a very busy time of year, but you can be physically active!

- Monitor your daily activities for one week and identify at least three, 30-minute time slots you could use for physical activity every week.
- Take a couple of laps around the store or shopping center while running errands.
- Walk or climb stairs during your lunch hour or coffee break.

Tasty Tips

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

- Try this healthy snack for a holiday party!
- Mix 2 tablespoons of salsa with 1 tablespoon of reduced-fat grated cheese.
 - Spread the mixture on a small whole wheat tortilla.
 - Top with 1/3 cup spinach leaves, thinly sliced carrots and sliced cucumbers.
 - Roll up and eat for a snack or slice and secure with toothpicks for a party.
 - *Add sliced chicken for a healthy lunch!



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.