

# January



## Pick a better snack & ACT with your Family

### Role Modeling

Have you made a New Year's Resolution to eat healthier or be more active?

This is a wonderful opportunity to inspire your children to make healthy choices. As you work toward your goals, keep a positive attitude about your own body and celebrate your success. Set goals as a family like eating more vegetables or drinking skim milk. Avoid talk about losing weight and being attractive. That can damage children's self-esteem.

Have a healthy and happy start to the new year!

### Physical Activity

The YMCA is a valuable source of practical information for families. The Y has a resource called Healthy Family Home. Try this idea from the Y, No Electricity Sundays. Avoid using electronics for one day per week and see how much more time your family spends being active together.

Explore Healthy Family Home and find simple ways to develop healthy habits that will make a difference for your entire family.

<http://www.ymca.net/healthyfamilyhome/welcome.html>

### Recipe/Snack

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

#### Vegetable Quesadillas

##### Ingredients

- 1/4 cup finely chopped carrots
- 1/4 cup finely chopped peppers
- 1-2 teaspoons salsa
- 1/3 cup grated cheddar cheese
- Corn tortillas

##### Directions

Divide mixture between two corn tortillas. Fold each tortilla in half and cook until heated through on an electric grill or skillet. Serve with salsa. (Serves 2)

### We Can Help

Would you like to eat better and save money? ISU Extension has a resource to help you. The Spend Smart Eat Smart website has tips, resources and tools to help you reach your goals.

On the site you'll find:

- Tips for planning ahead and shopping from a list.
- Smart shopping strategies
- Ideas for storing and preparing food in a healthy way.

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



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.