# May

## Pick a better snack & ACT *with your Family*

### Role Modeling

If you asked your child where that tomato they're eating came from, what would they say?

Caring for a garden is a great way for children to learn where their food comes from. Even if it's a pot or two with tomato plants, kids can learn a lot from gardening with you and they're more likely to eat foods they helped to grow. Tomatoes, eggplant, beans, melons and squash can all be planted this month. For planting guidelines, check out this site: http://www.theiowagardener.com/Planting_Calendar_for_Iowa.html
Or call 515-294-3108

### Recipe/Snack

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

Try this recipe for a healthy snack or light lunch this summer.

Rinse a large lettuce leaf (iceberg works well) and wrap it around chopped carrots, sliced turkey and reduced fat cheese. Kids can dip their wraps in low-fat salad dressing for a tasty treat.

### Physical Activity

Parks are free resources that help you and your family enjoy the outdoors, learn about nature and have fun being active together.

Iowa has more than 60 state parks, to learn more about state parks near you, visit:

http://www.iowadnr.gov/parks/state_park_list/index.html or call 515-281-5918

### We Can Help

The Summer Food Service Program provides free meals during the summer months to some communities and day camps.

Qualifications: All children between the ages of 3 and 18 qualify.

Call: 1-515-281-5356 and ask for the SFSP contact or visit http://www.iowa.gov/educate/ and enter "summer feeding" in the search box for more information.

Pick a better snack™ & ACT

**Visit our website at www.idph.state.us/pickabettersnack**

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.