

September



Pick a better snack & ACT with your Family

Role Modeling

Kids do as we do, not as we say. This can be a scary idea, but it is also an opportunity to help our kids grow up with healthy habits.

Many kids love to cook, why not cook together once a week? Ask them to suggest fruits and vegetables to include in the meal. If they choose and prepare fruits and vegetables, they are more likely to eat them.

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

Recipe/Snack

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

Combine eight ounces of fat-free plain yogurt with two tablespoons of reduced-sodium taco seasoning.

Keep this dip in the fridge for snacking after school with your kids' favorite veggies. This time of year, you can buy veggies at a great price at your local farmers' market. Peppers, carrots and tomatoes are in season now and would be delicious with this dip.

Physical Activity

Our kids are settling back in to the school day and they may miss their active summer days. Most kids need an hour of physical activity each day. This helps them be healthy, manage stress and focus when they're at school. Here are some inexpensive, easy ways to keep kids active:

- take a walk after dinner
- limit TV and video game time after school
- encourage your kids to walk or bike to school if this is a safe option for them

Make regular physical activity part of every day.

We Can Help

The School Breakfast and National School Lunch Programs provide healthy meals in schools. Nearly all schools provide lunch and some offer breakfast. Children can receive free- or reduced-price school meals if your family meets the income qualifications.

To apply:

- Ask for an Iowa Eligibility Application at your child's school.
- Return the completed application to your child's school.

