

# Pick a better snack & ACT with your family

#### **Role Modeling**

How do you feel about physical activity? Our lives are busy and there isn't a lot of free time after homework and dinner. Kids learn from important adults in their life. Show your kids that activity can be fun! Try these ideas:

- family dance party
- a scavenger hunt
- make chores fun using music to keep the

Having fun and being active helps kids and adults manage stress. They learn from watching you, so take time to have a little family fun tonight!

#### **Physical Activity**

What games did you play as a kid? Can you think of any that are oldies, but goodies? Introduce your kids to these simple, inexpensive games:

- Hide and Seek
- Red Rover
- Simon Says
- Four Square

Chances are your neighbors remember these as well. Invite other families to join in the fun!

### **Recipe/Snack**

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

Berries are scrumptious, but they can be expensive and they spoil quickly. Frozen fruit is a good solution. Frozen berries are reasonably priced and available all year. Mix frozen berries with low-fat yogurt or cottage cheese for a quick, healthy snack.

Watch for a recipe using frozen berries next month!

## We Can Help

You love your family so give them the best food possible. Iowa Food Assistance can help families buy nutritious food during challenging times.

To apply: Call 1-877-DHS-5678 for the location of the closest DHS office.

or

Apply online, visit www.yesfood.iowa.gov then click on the online application.

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

Source: Iowa Department of Public Health

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