

October



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 beat

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.

