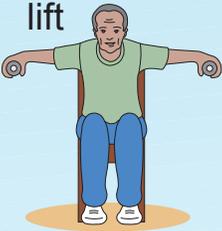
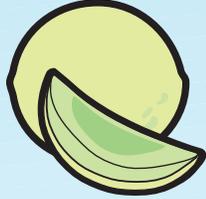
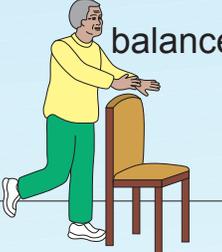
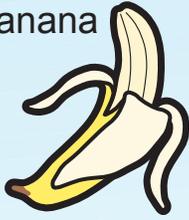
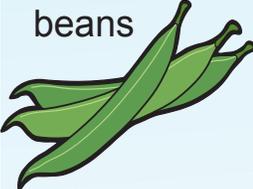
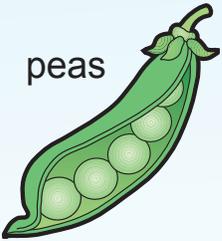
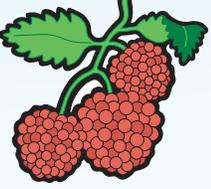
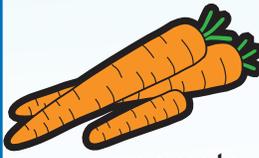
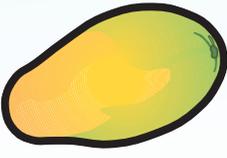


lift 	honeydew 	walk 	Brussels sprouts 	sweet corn 
balance 	pull 	step 	banana 	walk 
broccoli 	fish 	you choose 	pick 	beans 
bike 	do water aerobics 	peas 	100% fruit juice 	raspberries 
nectarine 	fruit cocktail 	carrots 	walk 	papaya 

Printed with funds from the Iowa Nutrition Network and USDA's Food Stamp Program. To find out more about Iowa's Food Assistance Program call 1-877-937-3663 (1-877-YES FOOD). Food Assistance can help you buy nutritious foods for a better diet. These institutions are equal opportunity providers and employers.

Iowa Department of Elder Affairs
Iowa Department of Public Health



This bingo activity encourages you to enjoy a variety of fruits and vegetables and physical activity. Complete the Pick a **better** snack™ & Act card by putting an "X" through the square of fruits, vegetables, or physical activity you have tried. A "BINGO" is completed when you have a line diagonally, horizontally or vertically.



Great Taste Matters

Tastes change. Keep trying new fruits and veggies to find new favorites. Serve old favorites in a new and exciting way. You are never too old to change!

Try this: Baked or poached fruits make great desserts.

Go to fruitsandveggiesmorematters.org for more tips and ideas.

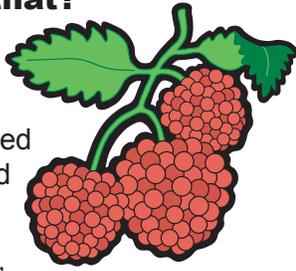


- Coming next month...
- Zucchini
 - Radish
 - Tomato
 - Plum

RASPBERRIES

Wash. Eat. How easy is that?

- Spread bagel with low-fat cream cheese. Top with fresh raspberries.
- Fresh raspberries can be mixed with blueberries, cherries, and vanilla yogurt for a “mixed” berry yogurt.
- Make raspberry “sandwiches” with graham crackers and cream cheese.



Buying tips: Choose berries that are bright in color. The berries should be free of mold and not crushed.

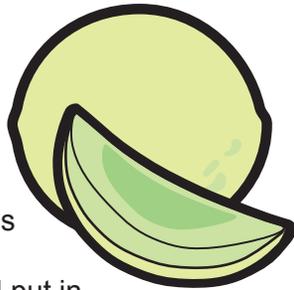
Special tip: To wash, rinse with cold water right before use. Remove stems.

Storing tips: Store berries in the refrigerator in a plastic container. Use within 1-2 days.

HONEYDEW MELON

Wash. Cut. Eat. How easy is that?

- String chunks and balls of honeydew melon onto a straw. Freeze and enjoy as a popsicle.
- Make a switchabout: cut balls from cantaloupe and honeydew wedges. Put balls into the opposite melon.
- Cut up fresh honeydew and put in a plastic bag in the refrigerator for a quick snack.



Buying tips: Choose a melon with a creamy white rind and slightly green color. Fruit should have a distinct and pleasant aroma. Avoid melons with excess bruising, dents, or cracks.

Special tip: If melon is under ripe, let stand at room temperature for 1-2 days.

Storing tips: Store ripe melons in the refrigerator, away from vegetables. Use within 3-5 days.

NECTARINE

Wash. Eat. How easy is that?

- Add nectarine slices to granola and eat.
- Make a nectarine “salsa” with cilantro, mango, and tomatoes. Eat with baked tortilla chips or toasted pita bread.
- Mix nectarine chunks with peaches and grapes. Mix with a low-fat vanilla yogurt and serve on toasted raisin bread.



Buying tips: Select fruit with a pleasant aroma, with bright coloring, and a slightly soft feel. Do not choose fruit with bruises, blemishes, or extreme soft spots.

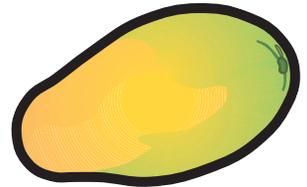
Special tip: To wash, rinse well with cold water before use.

Storing tips: Store unripe fruit in a paper bag at room temperature for 1-2 days. Store ripe fruit in the refrigerator, away from vegetables. Use within 3-4 days.

PAPAYA

Wash. Slice. Scoop out seeds. How easy is that?

- Cut papaya into bite size pieces or make papaya balls.
- Make papaya kabobs by alternating fruit and cheese cubes on a pretzel or party pick.
- Serve papaya slices on a piece of toast spread with vanilla yogurt.



Buying tips: Look for papayas with rich yellow and dark orange colors. The skin should feel soft to the touch.

Special tips: Papayas need to ripen for 1-2 days before eating. Do not eat skin.

Storing tips: To ripen, place unripe papaya in a paper bag and leave at room temperature. When ripe, a papaya will have a mildly sweet smell. Do not refrigerate papaya for longer than one hour. Tropical fruits do not like temperatures lower than 50 degrees.



MyPyramid.gov
STEPS TO A HEALTHIER YOU
www.MyPyramid.gov

To maximize your potential, eat 1-2 cups of fruit and 1 ½ -2 ½ cups vegetables daily. Weekly include 1-3 cups dark green vegetables, 1-2 cups orange vegetables, and 1-3 cups legumes.

Visit MyPyramid.gov for more specific serving recommendations based on your calorie needs.



**Physical activity...
It's everywhere
you go.**

walk...dance...play...
have fun...
just be active!