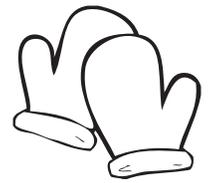


# JANUARY



**Pick a better snack & Act with your family.**

## MOM-TO-MOM

My son came home from school one day and said, "Mom, we have to get kiwi!" I thought, "Did he say kiwi or candy?" Since then, I have started asking my kids what fruits and vegetables they try at school and which ones they like. Sure enough, when I buy those fruits and veggies, they don't go to waste. When I buy fruits and veggies for them I know I'm making the healthy choice the easy choice for them.

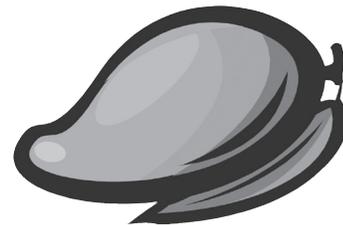
~ Adrienne, a mother of two in Iowa

**Eat well and your kids will too.**



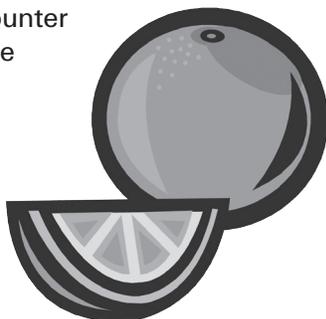
## COST COMPARISON

Many people think buying fresh fruit is more expensive than other snacks. But, a mango this time of year is about a \$1 and is enough fruit for two snacks. A fresh mango is cheaper than a bag of chips or two candy bars.



## GET REAL!

**Set out a bowl of fruit.** Kids eat the first thing they see when they get home from school. Have a bowl of ready-to-eat fruit sitting out on the table or counter for your kids! Kids love oranges, clementines (tangerines), apples, bananas and grapes.



## WHY IT MATTERS

We know that eating unhealthy snacks and food can make us and our kids overweight. It's hard on our bodies to carry extra pounds. But, it's really hard as a kid to be overweight. Kids who feel strong and healthy tend to be energetic, playful and more eager to learn. We can all do our part to help our kids be who they want to be by making healthy food the easy choice at home.



**Visit our website at [www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack)**

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