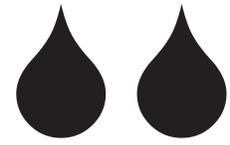


APRIL



Pick a better snack & Act with your family.

MOM-TO-MOM

Sometimes I think my kid could watch TV all day if I let him. This was a big problem for me last summer. My son spent a lot of his time inside on the couch. This summer, I had the challenge of finding enough activities to keep him busy without spending too much money on camps and classes. He and I spent some time looking through our town's parks and recreation summer activity book and found a lot of things he will enjoy that I can afford and some of them are even free.

~ Jane, a mother of one in Iowa

Eat well and your kids will too.

COST COMPARISON

Meat is often the most expensive part of our grocery bills. Save money on meat by using protein-rich beans in your cooking. They taste great, they're healthy, and they're much cheaper than meat. You can stretch ground beef by adding pinto or black beans to taco filling. You can cut the cost of making soups and chili by cutting the amount of meat in half and replacing it with beans.



GET REAL!

Watching TV is relaxing for everyone and it helps us wind down at the end of the day, but too much time in front of the screen can zap our energy and harm our health. Setting reasonable TV time limits for yourself and your family can help everyone get more done, have more energy and be more active. Shoot for no more than two hours per day. Parents and kids can challenge each other to stick to the goal! If you make it a whole month with no more than two hours per day, reward yourselves with something you love to do together!

WHY IT MATTERS

You know that milk, yogurt and cheese help build strong bones. Did you know physical activity does, too? Being active, especially walking, increases bone strength. Add walking into your day by parking further away in the parking lot, climbing the stairs instead of the elevator, and taking your dog on a walk!



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

Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.