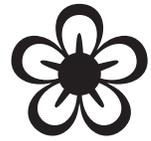


MAY



Pick a better snack & Act with your family.

MOM-TO-MOM

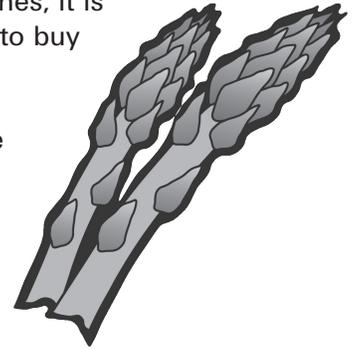
My kids have their opinions about certain things. Since they started tasting so many fruits and vegetables as part of nutrition education at school, they have really found their voice when it comes to the foods they enjoy. They have learned that you can't decide if you like a food until you try it at least once and sometimes several times. They help me make my grocery list each week and I know when they tell me they like a fruit or vegetable that they will eat it and I don't have to risk it going to waste.
~ Tracey, a mother of two in Iowa

Eat well and your kids will too.



COST COMPARISON

As summer approaches, it is sometimes cheaper to buy in-season fruits and vegetables at the farmers' market. The markets are loaded with rhubarb, asparagus, spinach and strawberries! To find a Farmers Market near you, log on to www.idalsdata.org/lowaData/farmersMarket.cfm



GET REAL!

Get moving during commercial breaks.

There's usually 15 minutes of commercials for every hour show. Dance or move during every commercial break with your family.

Use the commercial breaks to pick up the room, put things away, fold laundry, or do the dishes.



WHY IT MATTERS

Kids who watch the most television are most at risk of being overweight. Fast food, soda and sugary snacks are often advertized during kids' TV shows making kids want those foods even more. There are other things kids can do inside even if the weather isn't good or if it feels unsafe to play outside. Have your kids help cook dinner. Talk about the highs (good things) and lows (bad things) of the day. Play cards or board games as a family. Limiting TV gives us more time to spend with each other and keeps us all active and energetic.



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.