

May



Pick a better snack & ACT with your Family

Make Meals Together

Growing your own produce is a great way to add nutritious food to meals. This is a good time of year to get a garden going! Growing food in a family garden saves money all year long. Show your children how plants grow and where food comes from. They will be proud of their work and willing to eat what they grew. Freezing can make your crop last all year.

For instructions on freezing check out this Website:
<http://www.extension.iastate.edu/foodsavings/vegetable>

Make meals and memories together. It's a lesson they'll use for life.

Be Picky in the Aisle

Late spring and early summer are perfect times to find good deals on seasonal fruit like peaches and berries. When these delicious fruits are on sale in the summer, stock up and freeze them for use when the prices go back up.

- Clean the fruit and cut larger fruits like peaches into smaller pieces
- Spread on a cookie sheet and freeze solid.
- Place in a freezer bag and you'll have a stash of healthy fruit all winter.

Act-ion

For less than the price of a movie your family could do each of these things:

- go swimming
- play at the park
- play charades
- play catch or Frisbee™
- go on an alphabet walk: spot things around the neighborhood starting with each letter of the alphabet

Tasty Tips

Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

The Summer Food Service Program provides free meals during the summer months to some communities and day camps.

Qualifications: All children between the ages of 3 and 18 qualify.

Call: 1-515-281-5356 and ask for the SFSP contact or visit <http://www.iowa.gov/educate/> and enter "summer feeding" in the search box for more information.



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

Source: Iowa Department of Public Health



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.