

# September



## Pick a better snack & ACT with your Family

### Make Meals Together

Kids who frequently eat with their families tend to eat healthier, be happier and do better in school. Throughout the year this section of the newsletter will be devoted to meal planning tips. Why is meal planning important?

Meal planning

- saves money
- saves time
- improves nutrition

This site has great meal planning tips:

<http://www.extension.iastate.edu/foodsavings/>

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

### Be Picky in the Aisle

Go easy on the ready-to-eat snacks you buy such as potato chips or cookies. Prepackaged foods are usually higher in calories and fat and often more expensive than fresh foods. For the price of a large bag of chips and a box of cookies you may be able to buy all of the following items:

- 2 pounds of apples
- 1 pound of bananas
- 1 pound carrots
- 3 pounds of potatoes
- 1 pound of peppers

### Action

Take a trip to the orchard!

There are many "pick your own" orchards and farms around Iowa. A trip to one of these is a great outdoor family activity, and it helps kids understand where their food comes from. Stock up on healthy foods at a low price during your visit. For a list of "pick your own" sites in Iowa visit:

[www.pickyourown.org/IA.htm](http://www.pickyourown.org/IA.htm)

### Tasty Tips

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

Low-fat cottage cheese with chopped vegetables or fruit is a great snack for everyone in the family. Keep a bowl of chopped fruit or vegetables in the fridge so a healthy snack is always ready to go.

This same method works with yogurt. Fat-free vanilla yogurt mixed with fresh fruit is a healthy way to enjoy a sweet treat after school.



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

Source: Iowa Department of Public Health

Pick a better snack &



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](http://www.yesfood.iowa.gov) for more information.