November

Pick a better snack & ACT *with your Family*

Make Meals Together

It is important to plan meals with nutrition in mind. Check out www.mypyramid.gov for good advice. Think about how plates will be divided at meals. Everyone's plate should be about 1/4 meat or beans, 1/4 bread, pasta, rice or potatoes and 1/2 fruits and vegetables. Plan meals and make your grocery list with these food groups in mind.

Get more tips at:
http://www.extension.iastate.edu/foodsavings/mealplanning/

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

Be Picky in the Aisle

Shop the Perimeter

The most nutritious foods tend to be around the outside edge of the grocery store. Fruits, vegetables, dairy products and fresh meats are typically in this area. Stick to the outer aisles as much as possible. Only go down the aisles that contain foods on your list. This strategy will reduce impulse buying and temptation to buy expensive, convenience foods.

Act-ion

Act Like a Kid Again!

What are some of your favorite games from childhood? Hula hoop, red rover, tag, jump rope, hide and seek?

Give your kids a glimpse into your childhood by teaching them how to play these games. You'll have some family fun, get some exercise and take a trip down memory lane.

Tasty Tips

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

Apples with Vanilla Dip

1/2 cup plain fat-free yogurt
1/4 teaspoon cinnamon
1/4 teaspoon vanilla extract
1 medium apple, sliced

Combine the first three ingredients and refrigerate for an after-school snack. Make extra so it's available for apple dipping all week.

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

Source: Iowa Department of Public Health

Pick a better snack™ & ACT

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.