

March



Pick a better snack & ACT with your Family

Role Modeling

Kids love sweets and other tasty treats! It is so tempting to reward their good behavior and achievements with their favorite foods. However, rewarding kids with food can cause them to eat when they're not hungry and think food is the only way to celebrate.

Rewarding kids with attention and affection is just as effective and will make them feel proud of their success.

Physical Activity

Taking a walk after dinner doesn't have to be boring. Next time you're out for a walk with your family, stop every few minutes or at the end of each block and do an activity for one minute to increase everyone's heart rate. Try lunges, jumping jacks, toe touches or running in place.

Kids will look forward to the night when it's their turn to choose the activities and everyone will get closer to their 60 minutes per day.

Recipe/Snack

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

Store-bought trail mix can be high in sugar and very expensive. Try this method for making your own.

Ingredients

¼ cup raisins
½ cup peanuts
1 cup Cheerios (store brand or generic are fine in this recipe)

Directions

Mix all ingredients together and divide into 2 containers. (Serves 2)

We Can Help

SHARE, also known as the Self-Help and Resource Exchange, is a program for anyone. SHARE Iowa offers tasty, nutritious grocery packages at half the retail cost in exchange for two hours of volunteer service in your community.

Contact Information:
1-800-344-1107
www.shareiowa.com



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

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.