April

Pick a better snack & ACT *with your Family*

Role Modeling

Turn off the TV week starts on April 18th. How many hours per day is the TV on in your house?

You can model healthy habits for your children by limiting their TV time as well as your own. Limit TV time to your favorite shows and don't leave the screen on during dinner or family time.

For non-TV entertainment ideas, check out http://www.insteadoftv.com/

Recipe/Snack

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

Green & Bean Scoop

Ingredients
1 avocado
1 can black beans-rinsed thoroughly
½ tablespoon lime juice or salad vinegar
1 teaspoon vegetable oil
½ teaspoon cumin or chili powder

Toss all ingredients lightly and scoop with whole grain chips or crackers.

Physical Activity

Watching TV and playing video games are fun activities and are fine for kids in moderation, but too much of anything isn't good.

If pulling your children away from the screen is a challenge, try setting a timer to go off after 30 minutes. When the timer rings, it is time to move on to another activity like playing outside or starting homework.

We Can Help

Farmers' markets are a great place to be active together and buy healthy foods! Farmers' markets provide fresh, local fruits and vegetables.

Many farmers' markets now accept Food Assistance EBT cards and Farmers' Market WIC checks.

To find a farmers' market near you, visit: http://idalsdata.org/IowaData/farmersMarket.cfm

Pick a better snack™ & ACT

Visit our website at www.idph.state.us/pickabettersnack   Source: Iowa Department of Public Health