

# November



## Pick a better snack & ACT with your Family

### Role Modeling

Did your mother ever tell you breakfast is the most important meal of the day? Eating a healthy breakfast helps kids stay focused at school and helps adults maintain a healthy weight.

Even if it is only ten minutes, eat breakfast with your kids as often as you can. Don't have time to cook fancy breakfast on the weekend? That's okay – a bowl of cereal can create good conversation, too.

### Recipe/Snack

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

Smoothies are great for breakfast or snacks. This recipe is easy and inexpensive. It makes two snack servings or one breakfast serving.

Combine 1 cup of 1% or fat-free milk, 1 banana, ¼ cup low-fat vanilla yogurt and ½ cup frozen berries in the blender. Blend until smooth and enjoy! If you don't have a blender, mix any frozen berry into low-fat yogurt for a treat.

Smoothies and yogurt are an easy, on-the-go breakfast for the whole family.

### Physical Activity

A little healthy competition is fun! Bring your kids and their friends together for this game. You'll need some objects like towels, hoops, buckets and boxes.

Shout a word like on, under, inside or over. Kids have five seconds to get on, under, inside or over one of the objects. Clapping is a great way to keep count. Adjust the time allowed based on the age of your kids.

Get creative with the commands and this game is fun to play and watch.

### We Can Help

Are you stressed by the idea of preparing a tasty Thanksgiving meal while sticking to a tight budget?

Iowa State University Extension produces a website with the goal of helping people save money and eat well. Check it out at <http://www.extension.iastate.edu/foodsavings/>

This month the site has a feature to help families celebrate the holiday without breaking the bank. Follow the easy tips from the site and you'll have the whole family raving about the delicious food



Visit our website at [www.idph.state.us/pickabetersnack](http://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](http://www.yesfood.iowa.gov) for more information.