

 walk	 celery	 balance	 broccoli	 applesauce
 stretch	 dance	 lift	 carrots	 walk
 cauliflower	 walk	 you choose	 step	 banana
 orange	 stretch	 frozen vegetables	 100% fruit juice	 grapes
 walk	 beans	 raisins	 walk	 cabbage

Printed with funds from USA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Department of Health's Iowa Nutrition Network. To find out more about Iowa's Food Assistance Program, go to www.yesfood.iowa.gov or contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office.

Iowa Department of Elder Affairs
Iowa Department of Public Health



This bingo activity encourages you to enjoy a variety of fruits and vegetables and physical activity. Complete the Pick a **better** snack™ & Act card by putting an "X" through the square of fruits, vegetables, or physical activity you have tried. A "BINGO" is completed when you have a line diagonally, horizontally or vertically.



Go to fruitsandveggiesmorematters.org for more tips and ideas.

Great Tastes Matters

With over 300 varieties of ripe, juicy, delicious fruits and crisp, savory veggies to choose from, there is a great taste for everyone. What are you waiting for?



Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

Coming next month...

- Artichoke
- Avocado
- Pineapple
- Grape tomato

CAULIFLOWER

Wash. Break. Eat.

How easy is that?

- Break cauliflower into bite size pieces and put in a plastic bag. Store in the refrigerator.
- Put $\frac{1}{2}$ cup of flowerets in a plastic bag with 2 tablespoons of water. Microwave for 1 minute. Top with your favorite cheese.
- Put cauliflower flowerets in a covered bowl or bag with fat-free Italian dressing.



CABBAGE

Wash. Eat.

How easy is that?

- Take a leaf of cabbage and spread with low-fat cream cheese. Roll it up and eat.
- Dip cabbage wedges in a low-fat dressing. Use green or red cabbage.
- Shred cabbage and mix with low-fat lemon yogurt. Add canned pineapple and mandarin oranges for more interest.



Buying tips: Choose firm, heavy cabbage heads that are free of yellowing leaves, splits, or soft spots.

Special tip: To wash, rinse in cold water and remove any wilted leaves.

Storing tips: Cabbage should be stored in the refrigerator and used within 2 weeks.

RAISINS

Open bag. Eat.

How easy is that?

- Put raisins on cold and warm cereals.
- Make snack bags by combining raisins, peanuts, and sunflower seed kernels.
- Cut up celery stalk, fill with peanut butter, and top with raisins.



Buying tips: Select raisins that are in bags or boxes with no damage.

Special tip: If chopping, freeze raisins before putting in food processor to prevent sticking.

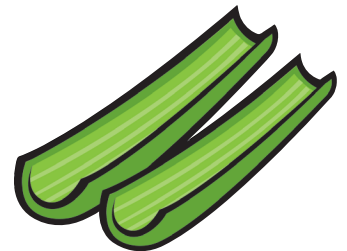
Storing tips: Store in an airtight container. To prevent sugar from crystallizing on the surface, store raisins in the refrigerator or freeze them. In the refrigerator, the raisins can last up to 1 year. They keep even longer in the freezer and will thaw quickly at room temperature.

CELERY

Clean. Cut. Eat.

How easy is that?

- Spread celery stalk with cream cheese and sprinkle with cranraisins.
- Cut stalks and fill with low-fat cream cheese. Make into a “car” by adding carrot slices for tires and a steering wheel.
- Cut celery into bite size pieces and put in a salad with tangerines and grapes.



Buying tips: Choose crisp bunches of celery with fresh green leaves.

Special tip: To wash, rinse with cold water.

Storing tips: Celery should be stored in the refrigerator wrapped in plastic and used within 2 weeks. Trim the ends of the stalk.



To maximize your potential, eat 1-2 cups of fruit and $1\frac{1}{2}$ - $2\frac{1}{2}$ cups vegetables daily. Weekly include 1-3 cups dark green vegetables, 1-2 cups orange vegetables, and 1-3 cups legumes.

Visit MyPyramid.gov for more specific serving recommendations based on your calorie needs.



**Physical activity...
It's everywhere
you go.**

walk...dance...play...
have fun...
just be active!