

Printed with funds from the Iowa Nutrition Network and USDA's Food Stamp Program. To find out more about Iowa's Food Assistance Program call 1-877-937-3663 (1-877-YES FOOD). Food Assistance can help you buy nutritious foods for a better diet. These institutions are equal opportunity providers and employers.

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.



All Forms Matter

Did you know that all forms of fruits and veggies matter: fresh, frozen, canned, dried, and 100% juice?

Try this: Blend frozen berries with non-fat vanilla yogurt and a splash of 100% orange juice for a tasty treat.

Go to fruitsandveggiesmorematters.org for more tips and ideas.



Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

Coming next month...

- Raspberries
- Honeydew melon
- Nectarine
- Papaya

SWEET CORN

Husk. Wash. Eat. How easy is that?

- Boil sweet corn and roll in fat-free butter spray and salt free seasonings.
- Cut corn off cob and add to your favorite salsa.
- Cook corn in the microwave by removing the husks and silk. Wrap ear with waxed paper or husk secured with rubber bands. Cook at full power in microwave. Allow 2 minutes per ear.



Buying tips: Choose ears with bright green, moist husks. The silk should be stiff, dark, and moist.

Special tip: To prepare corn, remove husks and any bits of silk.

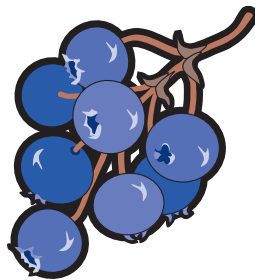
Storing tips: Ideally corn should be cooked and eaten immediately after picking. If it must be stored, keep it refrigerated and use within 2-3 days.

Vegetable subgroup: Starchy

BLUEBERRIES

Wash. Eat. How easy is that?

- Put fresh blueberries on cereal for a refreshing snack.
- Make a red, white and blue treat by layering blueberries and strawberries with vanilla yogurt. Top with granola for a little crunch.
- Make a “baton” by sticking a blueberry on each end of a pretzel or party pick.



Buying tips: Choose berries that are plump and blue in color. The berries should be free of stems and leaves. The berries should be free of mold, blemishes, and wrinkles.

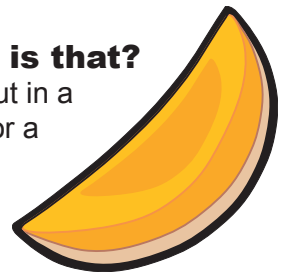
Special tip: To wash, rinse berries well in cold water.

Storing tip: Store blueberries in the refrigerator, in the original container. Use within 1 week.

CANTALOUPE

Wash. Cut. Eat. How easy is that?

- Cut up fresh cantaloupe and put in a plastic bag in the refrigerator for a quick snack.
- Wrap a thin slice of turkey or ham around a slice of cantaloupe for a hearty snack.
- Make cantaloupe “moons” by slicing the cantaloupe in a crescent shape and top with cranraisins.



Buying tips: Choose well-rounded melons with a sweet odor. The melon should have a slight softness when lightly squeezed. The skin should be a light yellow or tan color. Do not choose dented melons or those with an overripe odor.

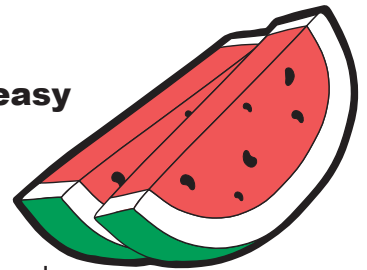
Special tip: To wash, rinse well with cold water upon use.

Storing tips: Ripened melons can be stored in the refrigerator. Use within 3-5 days.

WATERMELON

Wash. Cut. Eat. How easy is that?

- Cut up fresh watermelon and place in a container for a quick snack.
- Make watermelon “balls” and pour diet lemon-lime soda over them for a crisp snack.
- Take a whole watermelon and slice (like you would a tomato). Use your favorite cookie cutters to make fun shapes out of the fruit.



Buying tips: Choose well-rounded and smooth melons. The skin should have a dull sheen.

Special tip: To test ripeness, slap the melon lightly to see if the sound is flat and dull. This means the melon may be under ripe. If it sounds really hollow, the melon is too ripe.

Storing tips: Whole and cut melons should be stored in the refrigerator or in a cool part of the house. Wrap the cut end with plastic wrap and use within 3-5 days.



To maximize your potential, eat 1-2 cups of fruit and 1 ½ -2 ½ 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!