

♥ FEBRUARY ♥

Pick a better snack & Act with your family.

MOM-TO-MOM

I didn't grow up in the United States and where I'm from fresh fruits and vegetables are really important. Even though my kids were born in the US, I wanted them to learn to eat the foods that are important in my native culture. My parents live with us and they are great role models. The kids see all the proof they need when they see how well their grandparents are. The example they set means so much to me.
~ Nancy, a mother of two in Iowa

Eat well and your kids will too.



COST COMPARISON

Sometimes it's cheaper to buy frozen vegetables rather than fresh vegetables. Frozen vegetables have all the nutrition of fresh vegetables. And best of all, frozen vegetables just have to be popped in the microwave and they are ready to eat! Fresh broccoli is up to \$2.00 per head, but a pound of frozen broccoli is \$1.69 and even cheaper when on sale.



GET REAL!

Make half of your dinner plate fruits or vegetables. It doesn't have to be anything fancy. Split your dinner plate in half, and fill up one half with fruits or vegetables. Check out these ideas.

- Try microwaving frozen veggies or serving a simple lettuce salad with tomatoes and peppers.
- Poke washed sweet potatoes with a fork and microwave for 8-10 minutes turning over half-way through.
- If you're making a one-pot dish or casserole, add a few handfuls of frozen spinach.

WHY IT MATTERS

Eating healthy helps your family be the best they can be today and in the future. We're all busy, and eating healthy doesn't mean preparing a fancy dinner. Try this. Bake or sauté some chicken breasts in a pan and chop them up. Microwave some frozen veggies and whip up some quick-cooking brown rice. Mix the chicken, rice and veggies together with your favorite seasonings for a delicious, healthy and inexpensive dinner. For an even quicker dinner, use a store-bought, pre-cooked rotisserie chicken.



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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.