



OCTOBER



Pick a better snack & Act with your family.

MOM-TO-MOM

I have two young kids and I'm busy at work. My kids learned one simple rule at school that has helped all of us eat healthier: the rule of the colorful plate. When we are putting together our meals we think about how we can make our plates more colorful by adding fruits and vegetables. We can add peppers to our pizza, broccoli to our macaroni, or frozen berries to our oatmeal. Now that we all follow the colorful plate rule, it's easy for us to make even the simplest meals healthy ones.

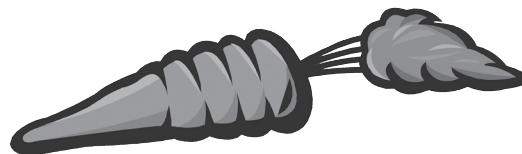
~ Natoshia, a mother of two in Iowa

Eat well and your kids will too.



COST COMPARISON

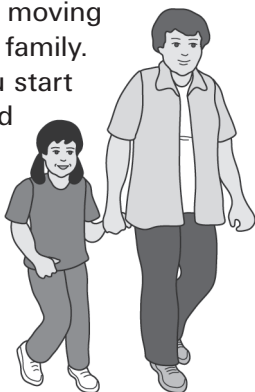
Looking for a low-cost snack? You can't beat carrots. A 2 pound bag of whole big carrots costs about \$2.00. There are about 10 servings in a 2 pound bag. That means one snack of carrots costs only 20 cents. All it takes is a few minutes to wash and cut the carrots. Put a handful of carrots in individual bags or containers for a quick snack.



GET REAL!

Take a family walk after dinner.

It's a win-win: everyone gets moving and it's time to connect as a family. It doesn't matter how far you start walking. Just stick with it and keep going further each time. If the weather is bad, head to the nearest mall and power walk with your family.



WHY IT MATTERS

Is there a certain time of day when you are tired and dragging? Choosing healthy snacks like fruits, vegetables, and low-fat dairy foods instead of less healthy chips, soda, or candy, will give you energy that lasts throughout the day. Physical activity, like walking, also makes you feel energized!



Visit our website at www.idph.state.ia.us/pickabettersnack
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.