



# DECEMBER



Pick a better snack & Act with your family.

## MOM-TO-MOM

Recently I've noticed how many more fruits and vegetables my two oldest children are willing to eat. My oldest has tried many fruits and veggies at preschool as part of the Pick a **better** snack™ program and he likes some that I'm not sure I've tried. It's rubbing off on all of us. My toddler can't get enough broccoli! I am happy to buy one new thing each week to encourage their adventurous eating and I know it will pay off as they grow up.

~ Erin, a mother of three in Iowa

**Eat well and your kids will too.**



## COST COMPARISON

Save money and be healthy by making your own dip for fresh veggies! Mix 2 tablespoons of reduced-sodium taco seasoning into 8 ounces of reduced-fat, plain yogurt.

This dip is loaded with kid-friendly flavor and calcium!



## GET REAL!

**Have cut-up veggies ready to eat after school.** Want your kids to reach for a healthy snack after school instead of chips, cookies or pop? Make sure veggies are the first thing they see! Take a few minutes during the weekend to buy, wash, and cut up fresh veggies for the week. Try baby carrots, broccoli, radishes and cucumber. You don't have to peel any of these – just wash and cut into bite-sized pieces. Put the cut-up veggies in a clear plastic bag or container. Then place the veggies in the refrigerator right in the front at eye level so they are the first things your kids see!

## WHY IT MATTERS

Cold and flu season is here! Fruits and veggies are loaded with vitamins and minerals. These nutrients can help keep you and your kids healthy during winter months. Fruits like tangerines, kiwi, grapefruit and oranges are full of cold-fighting nutrients. Physical activity also helps boost your immune system!



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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](http://www.yesfood.iowa.gov) for more information.