

Pick a Better Snack

A family and community newsletter

IOWA[™]
Health and
Human Services

Zucchini

This summer squash has a mild flavor and is easy to find in July through September. You might even have friends and neighbors giving you garden-grown zucchini they can't use.

Zucchini cooks up quickly for a veggie side dish. Fast and fresh!

Zucchini Skillet

1. Cut off both ends of the zucchini.
2. Cut in half the long way, then cut each half into pieces, about ½ - 1 inch.
3. Heat 1 tablespoon of vegetable or olive oil in a pan over medium heat.
4. Add the zucchini and stir occasionally. Cook for about 5 minutes until tender, but not mushy.
5. Season with a pinch of salt, pepper, oregano or garlic powder.



SCAN ME

Recipe from Iowa State University's Spend Smart. Eat Smart.®

Get Free Fruits & Veggies

Double Up Food Bucks helps SNAP/EBT users buy more fruits and veggies. Every \$1 you spend on fruits and veggies is matched, up to \$10 a day. Learn more and find participating locations at <https://tinyurl.com/3byczn5e>.



SCAN ME



What vegetable likes to look at animals?

A zoo-chini.



PLAY YOUR WAY One Hour a Day

5-2-1-0 Healthy Choices Count!

Keep kids healthy by focusing on the following four daily habits:

- 5 or more fruits and vegetables
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks – drink more water

Learn more at <https://tinyurl.com/ybka4pm9>.



September

B I N G O

				
Park/Slide	Play	Ride a Bike	Locally Grown Fruit or Veggie	Zucchini
				
Run	Cucumber	Stretch	Tomato	Walk
				
Eggplant	Hike a Trail		Play	Watermelon
				
Summer Squash	Play	Frozen Vegetable	Canned Fruit	Catch
				
Frozen Fruit	Melon	Jump	Walk	Canned Tomato

TO PLAY:

Put an X through the squares of fruits, vegetables and physical activities you try. Get five in a row, column or diagonally for a BINGO!

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Pears

Pears are in season late summer and fall. This is when you can get them at the best price. With the skin, pears have more fiber than most fruit.

Quick snack

- Rinse pears under cold, running water and eat them whole, sliced or chopped.
- Try this! Cut a fresh pear with an apple slicer.
- Serve fruit cups with diced pears.
- Stir chopped pears into yogurt.
- Serve pear slices with cheese.

Is it ripe?

- Keep pears on the counter until ripe.
- Bartlett pears turn yellow when ripe, but not all kinds of pears change colors. Check the Neck[™]: feel under the stem area to check for ripeness. If it's soft, it's ready to eat.

Supplemental Nutrition Assistance Program (SNAP)

SNAP can help families buy groceries when times are tough. Call **855-944-3663** from 8 a.m. to 5 p.m. weekdays to apply by phone. Check your eligibility or apply online at <https://tinyurl.com/356a2f98>.



Why should you never trust stairs?

Because they're always up to something.

Ha! 



PLAY YOUR WAY

One Hour a Day

Physical Activity: Start Small

Adding more physical activity into already busy routines can seem really overwhelming. To make it more manageable, start small with these ideas:

- Add a few more minutes to a family walk.
- Go outside for a few minutes to play after dinner.
- Try walking or biking to school one day.
- Visit the neighborhood park on your day off.

October

B I N G O

				
Go to the Park	Carrot	Dribble	Potato	Lettuce Greens
				
Apple	Jicama	Kick	Canned Pears	Rake
				
Walk	Dance		Melons	Canned Vegetable
				
Sweet Potato	Play	Frozen Vegetable	Skate	Pears
				
Play	Canned Sweet Potato	Locally Grown Fruit or Veggie	Walk	Applesauce

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Sweet Potatoes

Sweet potatoes are naturally sweet and filling. Like white potatoes, they're a good source of vitamin C, potassium and fiber, but sweet potatoes have a whole lot more vitamin A. Introduce your kids to baked sweet potato fries. You can buy them frozen or make your own.

Baked Sweet Potato Fries

1 ½ pounds sweet potatoes (4 medium)
1 tablespoon oil (canola or vegetable)
⅛ teaspoon salt



Dip: ¼ cup light mayonnaise, 1 tablespoon ketchup, ¼ teaspoon cayenne pepper, chili powder or paprika

1. Scrub potatoes under running water. Cut potatoes in half lengthwise. Then slice each half into half-round shapes about ¼ inch thick.
2. Combine potatoes, oil, and salt in a bowl and stir to cover potatoes.
3. Spray baking sheet with oil and lay potato slices in a single layer. Bake for about 30 minutes at 425 degrees F, turning potatoes after 15 minutes.
4. Mix dip ingredients while potatoes are baking.

Recipe from Iowa State University's Spend Smart. Eat Smart.®

Use your EBT/SNAP Card Online

Did you know? You can shop online and use the SNAP/EBT card to pay for food (not delivery costs) at Amazon and some ALDI, Walmart, Hy-Vee and other grocery stores in Iowa.



What fruit is not afraid to take a swim?

A watermelon.



Ha!



PLAY YOUR WAY

One Hour
a Day

Physical Activity: Move Your Way

How much physical activity do kids and teens need? At least 60 minutes every day. Anything that gets their heart beating faster counts. A walk to school, playing at recess, physical education class, a walk to the library, a family bike ride, time at the park – it all adds up!



November

B I N G O

				
Play	Cranberries	Walk	Squash	Grapes
				
Potato	Play	Sweet Potato	Walk	100% Fruit Juice
		 <p>Family Ate a Meal Together</p>		
Skip	Frozen Vegetables		Cabbage	Toss
				
Canned Fruit or Vegetable	Run	Jicama	Jump	Sweet Potato
				
Kohlrabi or Brussel Sprouts	Raisins	Ride a Bike	Carrot	Stretch

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Kiwi

Kiwi is a small fruit with big nutrition. It's a good source of vitamin C, potassium, fiber and more. Kiwi will ripen faster on the counter. Put it in the fridge to slow down the ripening process. Eat kiwi when it starts to feel soft with slight pressure. Rinse the kiwi under cool, running water before eating.

Ways to Eat Kiwi

- Cut in half and scoop out the fruit with a spoon, bite by bite.
- Cut kiwi into chunks and mix with bananas, berries and grapes for a fruit salad.
- Freeze in an ice cube tray for a glass of kiwi-infused water.
- Chop into a tropical salsa. Mix kiwi, mango, peppers, honey, lime juice and cilantro.



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WIC

Pregnant or recently had a baby? Parenting children under age 5? WIC can help you and your kids stay healthy. Find a location near you at <https://signupwic.com/>. Food. Education. Support. You got this.



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Pick a Better Snack
Eat Fruits and Veggies

LOL

Why is Cinderella so bad at playing football?

Because she runs away from the ball. Ha!



PLAY YOUR WAY

One Hour a Day

Things to do With a Cardboard Box

This time of year, there can be a lot of cardboard coming into our homes – what fun for kids! Let your children be creative. The box can become a fort, a rocket, a sled, a balance beam, a blank canvas for art, something to stomp, something to jump in and out of or something to cut into wings. The possibilities are endless!



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December

B I N G O

				
Dance	Banana	Snow Angels	Canned Fruit	Carrots
				You Choose!
Play in the Snow	Jump	Walk	Kiwi	Any Fruit or Vegetable
		 <p>Family Ate a Meal Together</p>		
Potatoes	Beets		Play	Skate
				
Banana	Walk	Broccoli	Cauliflower	Play
				
Shoot Hoops	Frozen Vegetables	Kiwi	Stretch	Salad Greens

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Chickpeas

Chickpeas, also called garbanzo beans, are a low-cost veggie with lots of protein and fiber. You may have eaten them in popular dishes like falafel, curry and hummus. You can buy chickpeas dried or canned.

Roasted Chickpeas

15 ounce can chickpeas, drained and rinsed
1 tablespoon olive, canola or vegetable oil
1 teaspoon seasoning (cumin, garlic, or chili powder, etc.)

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Drain and rinse one can of chickpeas. Blot dry with a paper towel.
3. In a bowl, toss chickpeas with oil and seasoning of your choice.
4. Transfer chickpeas to the baking sheet.
5. Bake for 35-45 minutes, until browned and crispy. Store in an airtight container at room temperature.

MyPlate App

Have new food goals? Download the "Start Simple with MyPlate" app in your app store. It will help you set goals, learn healthy eating tips and stay motivated to make positive changes.



Why did the tomato get embarrassed?

Because it saw the chick-pea!

Ha!



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PLAY YOUR WAY One Hour a Day

Screen Time Tips

Screens are everywhere, and they can really capture our attention when the weather turns colder. One way to keep screen time in check is to create a media plan. Establish times and places where children can use screens and look for opportunities where you could get moving instead.



January

B I N G O



Play



Frozen Fruit



Catch



Garbanzo Beans /Chick Peas



Salad Greens



Stretch



Build a Fort



Run



Canned Fruit



Squash



Frozen Vegetables



Stretch



Family
Ate a
Meal
Together



Snow Angels



Clementines



Kiwi



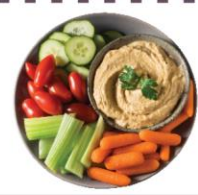
Play



Canned Beans



Squash



Hummus



Walk



Edamame



Mango



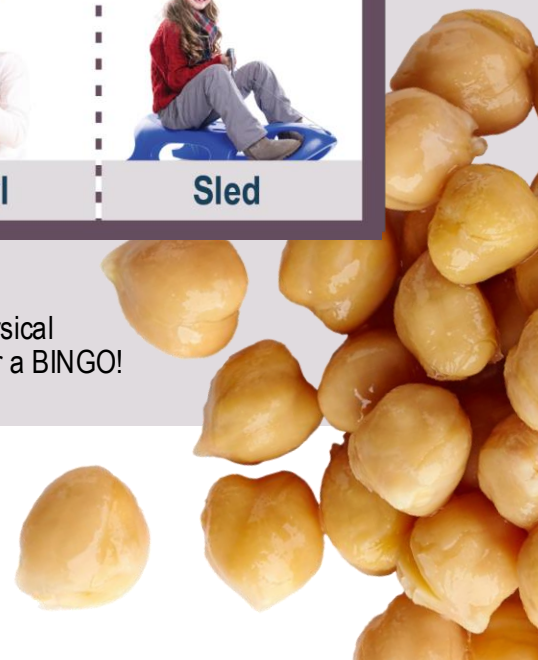
Bowl



Sled

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Pineapple

A taste of the tropics! Buy fresh pineapple if it's a good price. Look for pineapple that is plump, with at least some yellow towards the bottom, and has healthy-looking green leaves. If it's not mostly yellow, let it sit for a couple of days on the counter before eating.

Enjoy pineapple plain, in a fruit salad, in yogurt and smoothies, or in a sweet and tangy dish.

To learn how to cut pineapple, scan the code or go to <https://tinyurl.com/8ndj5m>.



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Eat Fruits and Veggies



Why should you
never trust stairs?

Because they're always
up to something.

Ha!



Fresh, Canned or Frozen?

Fruits and vegetables don't have to be fresh. Canned, frozen and dried fruits and veggies are nutritious options, too. Which form to choose? Consider:

- Is it in season?
- Do I like the taste?
- Which is cheaper?
- Does it save time?
- How will I use it?

I-Smile

Oral health is important for good nutrition and overall health. I-Smile coordinators are dental hygienists that can link you and your family to dental care. Find a coordinator at <https://hhs.iowa.gov/i-smile> scan the code.



PLAY YOUR WAY

One Hour
a Day

Improve Your Mental Health

Physical activity is so good for our minds! Being active is not just good for your muscles and bones, it can help you think, learn and problem-solve. It also helps with our emotions and can reduce anxiety and depression. Get your family moving for a mood and energy boost!

February

B I N G O

				
Play	Canned Vegetables	Build	Peppers	Pineapple
				
Dance	Banana	Play	Frozen Vegetables	Kick
				
Curtido, Kimchi or Sauerkraut	Bowl	Family Ate a Meal Together		Broccoli
				
Canned Fruit	Stretch	Banana	Frozen Fruit	Walk
				
Walk	Peppers	Pickles	Park/Climb	Tomato Sauce

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Peas

Peas please! Green peas, also called sweet peas, are easy to find frozen or canned. Keep them on hand for when you need a quick veggie side dish.

Sugar snap peas and snow peas are other types of peas, but they have a pod that you eat. Try them cooked, or fresh for a snack.

Ramen Noodle Skillet

- 2 teaspoons oil (canola or vegetable)
- 1 cup onion, chopped
- 2 cups frozen broccoli stir fry mixed vegetables (includes snap peas), thawed
- 1 carrot, chopped or sliced into small pieces
- 2 cups cooked meat or poultry, cut into bite size pieces
- 1 package (3 ounces) beef flavored instant ramen noodles
- 1 cup water or broth



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Scan the code or go to <https://tinyurl.com/ymxhtxfz> for the recipe instructions.

AnswerLine at ISU Extension

Ever wonder if something is still safe to eat? Just call **800-262-3804** Monday - Friday, 9 a.m. - 4 p.m. Or email answer@iastate.edu. They can help you with all kinds of other questions, too!

Pick a Better Snack

Eat Fruits and Veggies

LOL ♡

What do vegetables wish for, more than anything else in the whole world?

Peas (peace) on earth! Ha!



PLAY YOUR WAY One Hour a Day

Take it Outside

Spring weather can be tricky. One day it's beautiful; the next day winter has returned. Get outdoors anyway for some physical activity.

- Take a walk together as a family and look for 10 interesting things or find three blue (could be any color!) objects.
- Play a game of tag, kickball, hide-and-seek or shoot baskets.
- Do yard work together, like rake leaves or pick up sticks, to get ready for warmer weather.
- If it snows, shovel together.

Just dress for the weather – whatever it may be!

March

B I N G O



Park/Slide



Frozen Peas



Ride a Bike



Dried Beans



Lemon/Lime



Play



Grapefruit



Run



Orange



Walk



Sugar Snap Peas



Stretch



Family
Ate a
Meal
Together



Dribble



Frozen Fruit



Okra



Throw



Clementine



Corn



Park/Climb



Walk



Frozen Vegetable



Canned Fruit



Jump



100% Fruit Juice

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Peaches

Peaches are deliciously sweet and juicy. They're the best flavor and price in the summer – but you can enjoy them year-round when you buy them frozen or canned.

Fruit Crunch Cobbler

15 ounce can sliced peaches, drained

¼ tsp. ground cinnamon

15 ounce can pear halves, drained

¾ cup granola

¼ tsp. vanilla or almond extract

1. Combine peaches, pears, vanilla and cinnamon in a microwave-safe bowl. Stir well. Sprinkle granola over the top.
2. Cover the bowl with a lid or plastic wrap, leaving a small opening for the steam to get out.
3. Microwave 5 minutes on high. Use pot-holders to remove the bowl. Cool slightly before serving. Serves 4. Serving size: 1 cup.

Recipe from <https://tinyurl.com/y27j5dst>.



Your Life Iowa

Your Life Iowa can help you or your loved one with problems about alcohol, drugs, gambling, mental health or suicidal thoughts. Day or night, call 855-581-8111, text 855-895-8398 or use Live Chat at <https://yourlifeiowa.org/>. No judgment. Just help.



SCAN ME



PLAY YOUR WAY

One Hour
a Day

Need Stress Relief?

The end of the school year can be busy and stressful. One way to stay moving and relieve stress is to participate in yoga.

Yoga can improve posture, balance and coordination, but it also enhances your focus and concentration. Kids think it is just plain fun!

Not sure where to start? Scan the code or go to <https://cosmickids.com/watch/Kids> for fun yoga videos kids can do.



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April

B I N G O

				
Peach	Walk	Stretch	Park/Swing	Asparagus
				
Play	Celery	Skate	Rhubarb	Toss
				
Canned Fruit	Avocado	Family Ate a Meal Together	Play	Spinach or Kale
				
Skip	Frozen Peaches	Dance	Locally Grown Fruit or Veggie	Canned Vegetable
				
Guacamole	Walk	Microgreens or Leafy Greens	Fly a Kite	Apricot

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Spinach

Bagged salads and lettuces can really save time and help you eat healthy. Bagged spinach is one of the cheapest lettuces available. It's washed and ready to use. And, it's loaded with nutrients!

What to do With Spinach?

- Make a salad.
- Add to a sandwich or wrap.
- Cook into egg dishes.
- Blend into a smoothie.
- Add to a stir-fry.

Spinach Salad Toppings: You Choose!

Fruit: strawberries, other berries, dried cranberries, apples or mandarin oranges

Nuts: pecans, almonds, walnuts or sunflower seeds

Cheese: feta, goat or blue

Dressing: balsamic, poppyseed or raspberry vinaigrette

Free Summer Meals

Kids and teens can get free meals this summer in most communities. Text FOOD or COMIDA to 304-304 to find a site near you or visit <https://tinyurl.com/wnjbza6k>.



SCAN ME



What's a dancer's favorite kind of vegetable?

Spin-ach!



PLAY YOUR WAY One Hour a Day

Find Your Park

Parks are a family-friendly way to get outdoors and get moving. Parks can range from green space in your community to county parks to state parks (and even national parks!). Your family can have fun walking to and through the park, playing on the equipment, playing a game or just enjoying nature. The 99 Parks Guide is full of fun activities to do at Iowa's parks! Scan the code or go to <https://tinyurl.com/9p9j7u6h> for the guide.



May

B I N G O

				
Walk	Raspberry	Play	Turnip	Ride a Bike
				
Catch	Plant	Blueberry	Walk	Frozen Vegetable
				
Strawberry	Swing	Family Ate a Meal Together	Canned Vegetables	Radish
				
Kale	Play	Locally Grown Fruit or Veggie	Run	Canned Fruit
				
Park/Slide	Spinach	Asparagus	Kick	Frozen Berries

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