

Pick a better snack™

A family and community newsletter

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, extract 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 Eatfresh.org.

Your Life Iowa

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



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Did you hear the joke about the peach?

It's pit-iful!



Let's
Fuel
your
fun.
Eat fruits
and veggies.



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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? There are many free yoga classes online. Scan the code for fun yoga videos kids can do.



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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.

Watch [this video](#) for how to prepare kiwi.



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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: signupwic.com. Food. Education. Support. You got this.



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Why is Cinderella so bad at playing football?



Because she runs away from the ball.



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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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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 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.

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



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[Click here](#) or scan the code for how to cut a pineapple.

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!



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Why did the golfer wear two pairs of pants?

Just in case he got a hole in one.



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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.

[Click to find a coordinator](#) or scan the code.



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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 (cummin, 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 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.

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.



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Why did the tomato get embarrassed?

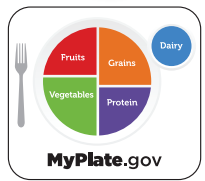
Because it saw the chick-pea!

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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. Scan the code to learn more about the app and other MyPlate resources to help you develop a healthy eating routine.



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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

[Click for the recipe instructions](#) or scan the code.



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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!

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



Peas (peace) on earth!

It's
Fuel
your
fun.
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and veggies.



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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!



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SPINACH

Bagged salads and lettuces can really help you save time, while still eating 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 fns.usda.gov/meals4kids.



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

Spin-ach!



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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!



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SWEET POTATOES

Sweet potatoes are naturally sweet, filling and a good buy. 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 frozen or make your own.

Baked Sweet Potato Fries

1 ½ pounds sweet potatoes (4 medium) **Dip:** ¼ cup light mayonnaise,
1 tablespoon oil (canola or vegetable) 1 tablespoon ketchup,
⅛ teaspoon salt ⅛ to 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" thick.
2. Combine potatoes, oil, and salt in a bowl and stir to cover potatoes.
3. Grease cookie sheet and lay potato slices in a single layer. Bake for about 30 minutes, turning potatoes after 15 minutes.
4. Mix dip ingredients while potatoes are baking.

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



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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 New Pioneer Food Co-op locations.



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PLAY YOUR WAY!

one hour a day!

What fruit is not afraid to take a swim?

A watermelon.



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Physical Activity Guidelines: 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!



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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 canned pears or diced pears in fruit cups.
- ◆ 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 weekdays from 8 a.m. to 5 p.m. to apply by phone. [Check your eligibility or apply online.](#)



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Why should you never trust stairs?

Because they're always up to something.



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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.

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ZUCCHINI

This summer squash has a mild flavor and is easy to find from 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!

Sauteed Zucchini

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.

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



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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 DoubleUpIowa.org.



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What vegetable likes to look at animals?

A zoo-chini.



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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 or 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 iowahealthieststate.com.



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