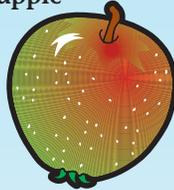
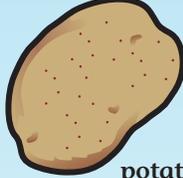
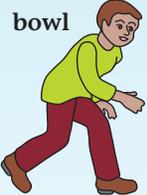
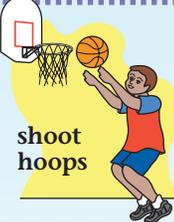
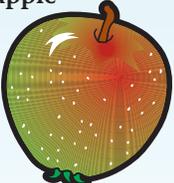
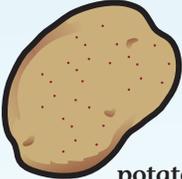
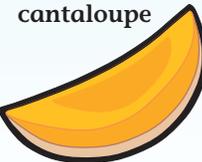
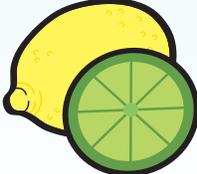


February

Pick a better snack™ & ACT

 build	 banana	 play	 apple	 potato
 dance	 Go sledding	 shovel	 Frozen Vegetables	 skate
 mushrooms	 bowl	 Family ate meal together		 shoot hoops
 apple	 kick	 potato	 100% fruit juice	 mushrooms
 walk	 carrots	 cantaloupe	 climb stairs	 lemon/lime

"Pick a better snack & Act" allows you to enjoy a variety of fruits, vegetables, and physical activities. Complete the card by putting an "X" through the squares of fruits, vegetables, and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically.

Registration Form

Name: _____

School: _____

Home Address: _____

City: _____

Zip: _____

I verify that my child has played Snack and Act this month.

Signature _____

Return to:

The Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Call 1-877-YES-FOOD (1-877-937-3663) for more information.

www.idph.state.ia.us/pickabetersnack



The Pick a **better** snack campaign was developed by Iowa Nutrition Network partners using funds from USDA's Food Stamp and Team Nutrition Programs. Additional support was provided by the Centers for Disease Control and Prevention and Iowa State University Extension.

How much should children eat of fruits and vegetables?

Aim for the recommended number of cups of fruits and vegetables for your child's age and calorie level. Go to www.MyPyramid.gov to create a personal food guide. Here is a starting point for fruits and vegetables combined:



Make a special occasion an active occasion!

Special occasions and celebrations are great times to be active. Take family and friends to the local bowling alley or roller-skating rink. Visit the zoo, a mall, or a museum for lots of built-in walking.



BANANA

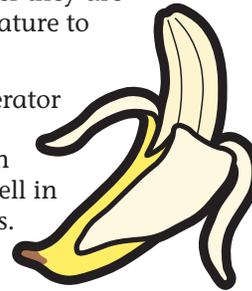
Wash. Eat. Peel. How easy is that?

- Cut bananas into slices and sandwich each slice between two mini pretzel twists
- Cut bananas into slices and eat on top of cereal or oatmeal.
- Make a fruit smoothie using orange juice, yogurt, banana slices and frozen strawberries.

Buying tips: Buy bananas in a bunch that have a slight green and rich yellow color. The peel should be free of wrinkles.

Special tips: Bananas ripen after they are picked, so keep at room temperature to ripen a banana.

Storing tips: Store in the refrigerator to keep longer. The peel will darken but the fruit will be fresh and ripe. Bananas will freeze well in foil and can last up to 6 months.



MUSHROOMS

Wash. Slice. Eat. How easy is that!

- Slice mushrooms and dip in low-fat Italian dressing.
- Chop and put in a salad with other vegetables such as tomatoes, peppers, radishes and celery.
- Put slices of mushroom on a piece of bread, top with cheese, and melt in microwave. Dip in spaghetti sauce.

Buying tips: Choose well-shaped and clean mushrooms with no black spots.

Special tip: To wash, rinse mushrooms in cold water with the stems down so water does not run up under the cap.

Storage tips: Mushrooms should be stored in a paper bag or an open container in the refrigerator and are best when used within 2-3 days.

Vegetable subgroup: Other



POTATO

Wash. Peel. Eat. How easy is that!

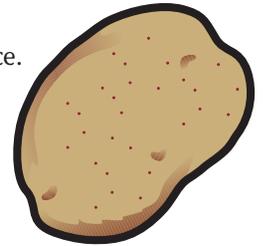
- Pierce potato with a fork, place in microwave and cook on high for 4 minutes. Cut in half and top with low-fat sour cream or yogurt.
- Slice potatoes with skin, toss very lightly in oil (or spray) and sprinkle with seasonings. Bake in oven on 400° for 20 minutes. Makes great, crispy homemade fries or chips.

Buying tips: Choose firm and fairly smooth potatoes. Avoid potatoes that have sprouted or have wilted or wrinkled skin, cut surfaces, green or dark areas.

Special tip: Do not wash potatoes until use. Do not store potatoes with onions.

Storing tips: Store in a cool, humid (but not wet), dark place. Do not refrigerate. Scrub with vegetable brush and rinse with cold water at time of use.

Vegetable subgroup: Starchy



APPLES

Wash. Eat. How easy is that?

- Peel and core an apple. Cut apple into rings. Spread apple ring with peanut butter and top with banana slices. Top with another apple ring to make an apple sandwich.
- Spoon warm applesauce over ice cream or frozen yogurt to make an apple sundae.
- Spread applesauce on an English muffin and top with shredded cheese. Heat in a toaster oven until cheese melts.

Buying tips: Choose firm apples without soft spots or wrinkled skin.

Special tips: To wash, rinse well with cold water upon using.

Storing tips: Store apples in the refrigerator and use within 1-2 weeks.

