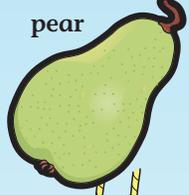
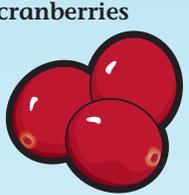
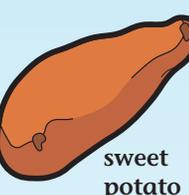
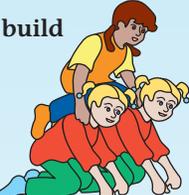
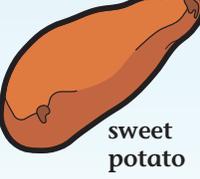
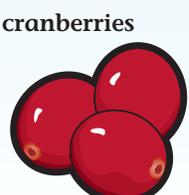
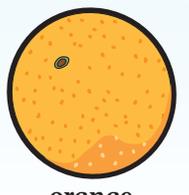


November

Pick a **better snack**™ & **ACT**

 play	 pear	 walk	 acorn squash	 cranberries
 stretch	 climb	 push	 sweet potato	 build
 Canned Vegetables	 play	 Family played together outside		 toss
 pumpkin	 jump	 Frozen Fruit	 100% fruit juice	 sweet potato
 dance	 cranberries	 orange	 ride	 pumpkin

Registration Form

Name: _____

School: _____

Home Address: _____

City: _____

Zip: _____

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

Signature _____

Return to: _____

Coming next month...

- Broccoli
- Kiwi
- Tangerine
- Grapefruit

www.idph.state.ia.us/pickabetersnack



www.MyPyramid.gov

"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.

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 physical activity a part of your family's daily routine

Physical inactivity is a serious problem affecting our youth. Children should be active at least 60 minutes each day, and adults should be active for at least 30 minutes. The activity doesn't have to be all at once, you can break it up (10 minutes here, 15 minutes there, etc.). To encourage kids to be active, be an active role model. Take advantage of every opportunity to add activity. You can do this when celebrating occasions, on the weekends and vacations.



PUMPKIN

Wash. Cook. Eat. How easy is that?

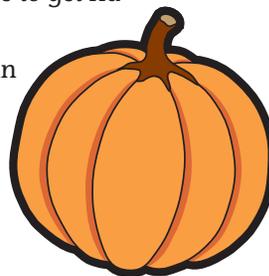
- Make roasted pumpkin seeds by washing seeds and baking them for 20 minutes at 375°. Spray with low-fat butter spray and top with garlic powder.
- Boil chunks of pumpkin for 25-35 minutes. Spread on toast and top with cinnamon and a dash of sugar.
- Take canned pumpkin filling and mix with vanilla pudding for a tasty snack.

Buying tips: Choose well shaped pumpkins that are firm and slightly heavy. It should have tough skin without any wrinkles or blemishes.

Special tips: To wash, rinse well with cold water mixed with a little chlorine to get rid of bacteria.

Storing tips: Store dried pumpkin on a board, in a cool, dry, dark place. It will keep for several months.

Vegetable subgroup: orange



CRANBERRIES

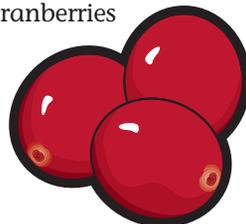
Wash. Cook. Eat. How easy is that?

- Put cooked cranberries in hot cereals for a refreshing taste.
- Stir cooked, chilled cranberries with blueberries and raspberries in vanilla yogurt. Spread mixture on top of graham crackers.
- Take spinach leaves and cover with cream cheese. Place cranberries on top and roll up for a tangy treat.

Buying tips: Usually sold in bags. Choose plump, unblemished berries. Do not choose soft, shriveled berries that have a dull appearance.

Special tips: Before cooking, rinse cranberries in cold water and remove stems.

Storing tips: Refrigerate bagged cranberries for 2-3 weeks or freeze in unopened bag for up to 9 months.



SWEET POTATO

Wash. Cook. Eat. How easy is that?

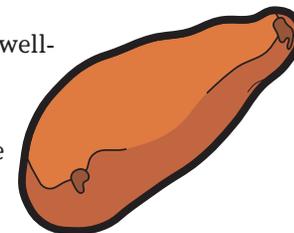
- Cut up sweet potatoes like French fries and spray with a low-fat cooking spray. Bake at 375° for 20 minutes.
- Make sweet potato "boats" by cutting in half and cooking in microwave for 6-7 minutes. Top with marshmallows and cinnamon. Cut cheese wedges in the shape of sails and put on potato.
- Make sweet potato "coins" by slicing and coating with cinnamon. Bake the same as "French fries" above.

Buying tips: Choose firm, well-shaped, fairly smooth potatoes. Avoid potatoes with wrinkles or holes.

Special tips: Clean well by scrubbing with a brush in cold water before use.

Storing tips: Store in a cool, well-ventilated area. Do not put in the refrigerator.

Vegetable subgroup: orange



PEARS

Wash. Eat. How easy is that?

- Slice pears and place in a plastic bag in the refrigerator.
- Halve the pear and fill with cottage cheese. Place on a bed of lettuce and top with cranraisins.
- Slice pears and serve with cheddar cheese slices, low-fat yogurt or low-fat blue cheese dressing.

Buying tips: Choose firm, well-shaped pears without cuts or bruises.

Special tips: Place firm, fresh pears in a brown bag to ripen.

Storing tips: Store unripened pears at room temperature for 2-3 days. Ripe pears should be stored in a plastic bag or in the crisper away from vegetables and will last for 3-5 days.

