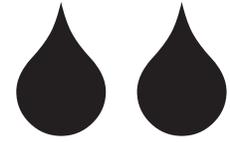


APRIL



Pick a better snack & Act with your family.

GROW HAPPY KIDS

Serve 1% and fat-free milk to children age 2 and over.

Their bodies change, so should their milk. Once kids turn two they no longer need the saturated fat and calories of whole milk. One percent and fat free (skim) milk are packed with all of the same vitamins and minerals as higher fat milk, but not the calories and fat. If your kids don't like the taste of low-fat milk at first, try mixing it with the higher fat milk until they get used to the flavor. It's a small change that is worth making!

RECIPE TO THE RESCUE

Veggie Scramble

Eggs

Frozen bell pepper strips, cooked and diced

Low-fat or reduced-fat cheddar cheese, shredded

Mix everything together and cook over medium low heat until the eggs are set. This makes a great breakfast or a fun twist on dinner!



ACTIVE TOGETHER

Gardening is a great way to be active and spend quality time with your kids and family. Gardening teaches your child where food comes from and how to care for living things. Most children show great pride in the things they grow and are more willing to eat fruits and veggies they grow themselves.

No yard at home? No problem. Tomatoes, peppers and herbs can all be grown in pots on the porch. If you participate in the Iowa Food Assistance Program, you can use your EBT card to purchase the seeds!

SPEND SMART. EAT SMART.

Have you ever gotten to the checkout line at the grocery store and realized you had a bunch of food that wasn't on your shopping list?

Check out the Spend Smart Eat Smart website for tips on when to do your shopping and how to stick to your list! <http://www.extension.iastate.edu/foodsavings/plan/whereandwhen/>



Visit our website at www.idph.state.ia.us/pickabettersnack
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 for more information.