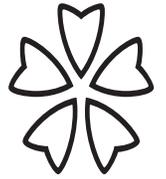




# MAY



Pick a better snack & Act with your family.

## GROW HAPPY KIDS

Lead by example.

As a parent, it sometimes feels like little eyes and ears are on us all the time. It's true, our kids see what we do and often copy us. You have the power to set a healthy example for your kids. Let them see you try new foods and eat fruits and vegetables every day. This may be the best strategy to combat picky eating. They learn from watching you. Eat well and your kids will too!



## ACTIVE TOGETHER

Parks are free resources that help you and your family enjoy the outdoors, learn about nature and have fun being active together.

Iowa has more than 60 state parks, to learn more about state parks near you,

visit:

[http://www.iowadnr.gov/parks/state\\_park\\_list/index.html](http://www.iowadnr.gov/parks/state_park_list/index.html)

Or call 515-281-5918

## RECIPE TO THE RESCUE

Berries with banana cream

1/3 cup low-fat plain yogurt

1/2 ripe banana

1 tablespoon fruit juice (orange works well)

2 cups sliced strawberries

1 teaspoon honey

1 dash cinnamon

1. Combine yogurt, banana and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

## SPEND SMART. EAT SMART.

How would you feel about saving some time and keeping a few extra dollars in your pocket? If you regularly cut coupons and bring them to the store with you, think about writing your grocery list on an envelope and slipping the coupons inside. Take the whole envelope to the store and you're set!

For tips on creating a list visit Spend Smart Eat Smart website.

<http://www.extension.iastate.edu/foodsavings/plan/shoppingtools/masterlist/>



Visit our website at [www.idph.state.ia.us/pickabettersnack](http://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](http://www.yesfood.iowa.gov) for more information.