



OCTOBER



Pick a better snack & Act with your family.

GROW HAPPY KIDS

Time with kids is precious, but between work, school, housework and activities it seems like we barely see each other some days. How about turning something that can be a chore into an opportunity for quality time with your kids? Many kids love to get in the kitchen and help their parents cook and they are more likely to eat the food you prepare together. You can't add hours to the day, but you can make the most out of your time together by turning this daily chore into quality time. Just remember to keep little hands busy with manageable tasks and most importantly, be patient.

Adapted from Massachusetts WIC Program, Touching Hearts, Touching Minds.



RECIPE TO THE RESCUE

Tasty Veggie Dip

Mix together 8 ounces of fat-free plain yogurt and 2 tablespoons of reduced-sodium taco seasoning. This dip will add some kick to veggies like carrots, cucumbers and peppers. Squeeze a little lime juice in it and it will make a yummy sauce for tacos or dressing for taco salad.



ACTIVE TOGETHER

When children walk and bike to school they get much-needed physical activity and parents save time and money. The first step in walking or biking to school is finding a safe route.

- Walk routes with your children and determine which has the fewest intersections and slowest traffic.
- Talk with neighbors about a "walking car pool" or "walking school bus".
- Encourage your school or local public health department to help families determine safe routes to the school.

For more information, visit <http://www.iowadot.gov/saferoutes>.

SPEND SMART. EAT SMART.

Easy, healthy and low-cost recipes are online waiting for you!

The Spend Smart Eat Smart recipe page has a wide variety of recipes for breakfast, lunch, dinner, dessert and snacks. Each one has been tested and approved by Iowa State University Extension. In addition to nutrition information, this site also provides the cost per serving to prepare each recipe.

<http://recipes.extension.iastate.edu/>



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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.