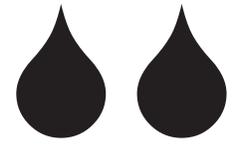


# March



Pick a better snack & Act with your family.

## GROW HAPPY KIDS

Offer water instead of sugary drinks.

Most moms can identify with the old saying that kids grow “like weeds”. Indeed they do. Just like plants, kids need water to stay healthy. In fact, they need 5-8 cups of water per day! When your kids come in from playing, water gives them everything they need to rehydrate without the extra sugar, salt and cost of sports drinks.

## RECIPE TO THE RESCUE

Fiesta Salad

- 1 15 oz can black beans
- 1 15 oz bag frozen corn, defrosted
- ½ cup your favorite salsa

- 1. Leave frozen corn in the fridge overnight to defrost. If you forget to do this ahead of time, defrost it in the microwave.
- 2. Drain and rinse the black beans.
- 3. Combine all ingredients together and serve as a side dish with your family’s favorites.



## ACTIVE TOGETHER

The weather will be warming up soon and it’s time to enjoy it! If your kids are spending too much time watching TV or playing video games, here’s a trick to get them moving.

When they start watching TV, set a timer to go off after 30 minutes. When the timer rings, it is time to move on to another activity like playing outside or starting homework. This works as a good reminder for adults too!

## SPEND SMART. EAT SMART.

Don’t you hate pouring out milk because it’s past the expiration date? It’s like pouring your money down the drain.

Check out Spend Smart Eat Smart for tips on buying and storing dairy foods at <http://www.extension.iastate.edu/foodsavings/shop/aisle/dairy/investment.htm>



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