



# FEBRUARY



Pick a better snack & Act with your family.

## GROW HAPPY KIDS

Use mealtime to strengthen family ties.

Sitting down together for dinner is a challenge when everyone in the family is busy. But it's worth it! Eating together gives you quality time with your kids and provides an opportunity to talk and share each day. Spending meal times together helps kids and parents communicate better and helps kids do better in school. Make meals and memories together, it's a lesson they'll use for life!



## ACTIVE TOGETHER

Encouraging kids to be active can be stressful if you feel like you have to be the bad guy. Just remember that playing comes naturally to kids.

If they are not doing something inactive like watching TV or playing video games, they will likely choose to play. Sometimes setting limits on screen time is enough of a push to help your child be active for the recommended 60 minutes per day.

## RECIPE TO THE RESCUE

Taco Soup

- One can pinto beans, rinsed, plus 1-2 cans of water
- 2 cups frozen corn
- 16 ounce can of tomatoes, un-drained
- 4 ounce can chopped green chilies
- Chili powder to taste

Simmer for 10 minutes then top each bowl with reduced-fat shredded cheese.

## SPEND SMART. EAT SMART.

Short on time but want to prepare a nutritious meal for the family? No problem! With a little planning and quick tricks, you'll have dinner on the table in no time.

The Spend Smart Eat Smart website can help you prepare healthy, flavorful meals in a snap!

<http://www.extension.iastate.edu/foodsavings/eat/kitchenorganization/prepareahead/>



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