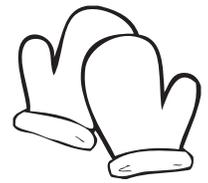


JANUARY



Pick a better snack & Act with your family.

GROW HAPPY KIDS

How many meals in your house involve arguments about food or counting bites of veggies? There is an easier way! Kids like to assert control when they can and food is a common target. Instead of trying to force your kids to clean their plates or eat their veggies, try this approach. Give your child a variety of healthy foods at each meal, knowing that they may choose to eat just one of them. Let your child decide what to eat from the options you've given. Choose foods that can be stored and reheated to avoid waste. Some examples include roasted carrots and sweet potatoes, whole grain pasta and brown rice. This approach balances your decision-making role as a parent with your child's need to assert control. Give it a shot tonight at dinner!

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

ACTIVE TOGETHER

One simple way to encourage kids to be active is to keep TVs, video games and computers out of their bedrooms. Not only does this give you better control over what your kids watch, but one study shows that kids who had TVs in their rooms watched nine more hours of TV per week than children without TVs in their rooms. Often parents were not aware of how much time the kids spent watching TV in their room. When kids have TVs in their bedrooms they are more likely to be overweight and even score lower on standardized tests of math and reading skills. One small change can make a big difference.

RECIPE TO THE RESCUE

Cucumber Yogurt Dip

Try this dip to make fresh veggies the star of your holiday party.

Ingredients:

- 1 cup low-fat plain yogurt
- 4 oz. low-fat cream cheese
- ½ cup cucumber, seeded and diced (do not peel)
- 1 clove garlic, chopped small
- Salt and lemon pepper to taste
- 1. Soften the cream cheese in the microwave for 20 seconds. Stir yogurt and cream cheese together until smooth.
- 2. Rinse the cucumber and slice it in half the long way and run a spoon down the middle to remove the seeds. Chop it finely.
- 3. Combine cream cheese and yogurt with cucumber, garlic and spices.

SPEND SMART. EAT SMART.

Looking to save money and time? Try planning out your family's meals for the week in advance. Invite your children to help. They will enjoy creating menus with markers and paper, or on the computer! Encourage them to choose the fruits and vegetables they would like, this will increase the chance they'll eat them.

Spend Smart Eat Smart has a webpage devoted to menu planning. Check it out at this link.

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



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.