



# DECEMBER



Pick a better snack & Act with your family.

## GROW HAPPY KIDS

Arguing with children is not a favorite among any parents I know. Arguments about food and TV time can become tiresome and disrupt the time you have to enjoy with your kids. You can encourage healthy habits without feeling like the bad guy. It is just as important to encourage and reward good choices as it is to discourage bad ones. When children make a healthy choice, make sure they know you are proud of them. A few words of encouragement from you can go a long way.

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



## ACTIVE TOGETHER

Parents have a remarkable influence on the adults their children become. Studies show that kids who are surrounded by people who are physically active are more likely to be active themselves. Even if your family doesn't have time for organized activities each day, you can still model an active lifestyle. Here are some ideas:

- Park at the back of the parking lot.
- Take the stairs at the mall.
- Take a walk after dinner.
- Turn off the TV after one or two shows.
- Make activity part of family celebrations.

## RECIPE TO THE RESCUE

Here is another no-recipe meal for a busy week night. Just keep these ingredients on hand and you always know you have what you need to make a healthy meal.

### Healthy Pasta in a Hurry

- Whole wheat pasta
- Purchased tomato sauce
- Frozen veggies

Heat the sauce in the microwave or on the stove while the pasta boils. Three minutes before the pasta is done, drop in some frozen broccoli, peas, spinach or peppers. You will have a tasty, healthy meal in about 15 minutes.

## SPEND SMART. EAT SMART.

Are you a savvy shopper? Test your shopping skills in the supermarket game!

Shopping with an eye on budget and health takes skills. Check out this supermarket game on the Spend Smart Eat Smart website and put your skills to the test. Throughout the game you'll get tips to help you become a savvy shopper.

<http://www.extension.iastate.edu/foodsavings/shop/shoppingskills/>



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