



NOVEMBER



Pick a **better** snack & Act with your family.

GROW HAPPY KIDS

Yesterday they were babies and tomorrow they'll be teenagers. Growing happy kids is challenging, but so rewarding. Healthy kids are happy kids and an important ingredient to health is fruits and vegetables. They have the vitamins and fiber kids need and eating a variety of foods when they're young will shape their tastes as they grow up. Make fruits and veggies part of meals and snacks. They'll thank you later!

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



ACTIVE TOGETHER

Children are happiest and brightest when they get enough activity throughout the day. PE and recess provide some activity for kids, but most need more. Taking the time for short activity bursts during the school day can help kids focus and stay engaged in their school work. Ask your child's teacher if they take short activity breaks during the school day. As little as two to three minutes, twice per day can make a big difference!

RECIPE TO THE RESCUE

When a busy schedule and hungry kids mean you need to get dinner on the table in a matter of minutes, try a "non-recipe" like these veggie quesadillas.

- Veggie Quesadillas
- Whole wheat tortillas
- Reduced fat cheese, shredded
- Leftover veggies
- Non-stick cooking spray

Just fold the tortilla in half around the veggies and cheese and cook over medium heat for a couple of minutes on each side.

SPEND SMART. EAT SMART.

What is a reasonable amount of money to spend on food for a family like yours?

Groceries are a significant monthly expense. Visit the Spend Smart Eat Smart calculator to see how your bills compare to other families of the same size. The calculator also provides strategies for saving money at the grocery store.

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



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.