



Dear Families,

This year your child will participate in a nutrition education program designed to teach him or her how to choose healthy snacks and be more physically active. The program is called Pick a **better** snack™ and ACT. Your child will have an opportunity to taste a variety of fruits, vegetables and low-fat milk products in a kid-friendly environment. They will explore new ways to have fun and be active with their friends and family and understand why this is important to their health.

**What are the goals of the program?**

Provide information and strategies to help children and their families:

- Eat more fruits and vegetables.
- Be physically active every day.
- Consume fat-free or low-fat milk or milk products every day.

These program goals are consistent with the 2005 Dietary Guidelines for Americans and the Health Promotion Unit of the Iowa Department of Public Health. For more information on Pick a **better** snack™ & ACT visit:

[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Department of Public Health and your school district. 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](http://www.yesfood.iowa.gov) for more information.

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