

Pick a better snack™

A family and community newsletter

PEACHES

Peaches are deliciously sweet and juicy. They're the best flavor and price in the summer – but you can enjoy them year round when you buy them frozen or canned.

Fruit Crunch Cobbler

15 ounce can sliced peaches, drained ¼ tsp. ground cinnamon
15 ounce can pear halves, drained ¾ cup granola
¼ tsp. vanilla or almond extract

1. Combine peaches, pears, extract and cinnamon in a microwave-safe bowl. Stir well. Sprinkle granola over the top.
2. Cover the bowl with a lid or plastic wrap, leaving a small opening for the steam to get out.
3. Microwave 5 minutes on high. Use pot holders to remove the bowl. Cool slightly before serving. Serves 4. Serving size: 1 cup.

Recipe from Eatfresh.org.

Your Life Iowa

Your Life Iowa can help you or your loved one about problems with alcohol, drugs, gambling, mental health or suicidal thoughts. Day or night, call **(855) 581-8111**, text **(855) 895-8398** or use Live Chat at yourlifeiowa.org.
No judgment. Just help.



SCAN ME

Did you hear the joke about the peach?

It's pit-iful!

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Fuel your fun.
Eat fruits and veggies.



Need Stress Relief?

The end of the school year can be busy and stressful. One way to stay moving and relieve stress is to participate in yoga.

Yoga can improve posture, balance and coordination, but it also enhances your focus and concentration. Kids think it is just plain fun!

Not sure where to start? There are many free yoga classes online. Scan the code for fun yoga videos kids can do.



SCAN ME