

# Pick a better snack™

A family and community newsletter

## PINEAPPLE

A taste of the tropics! Buy fresh pineapple if it's a good price. Look for pineapple that is plump, with at least some yellow towards the bottom and healthy-looking green leaves. If it's not mostly yellow, let it sit for a couple of days on the counter before eating.

Enjoy pineapple plain, in a fruit salad, in yogurt and smoothies, or in a sweet and tangy dish.

## Fresh, Canned or Frozen?

Fruits and vegetables don't have to be fresh. Canned, frozen and dried fruits and veggies are nutritious options, too. Which form to choose?

### Consider:

- ◆ Is it in season?
- ◆ Which is cheaper?
- ◆ How will I use it?
- ◆ Do I like the taste?
- ◆ Does it save time?



SCAN ME

[Click here](#) or scan the code for how to cut a pineapple.

## Improve Your Mental Health

Physical activity is so good for our minds! Being active is not just good for your muscles and bones, it can help you think, learn and problem solve. It also helps with our emotions and can reduce anxiety and depression. Get your family moving for a mood and energy boost!



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Why did the golfer wear two pairs of pants?

Just in case he got a hole in one.



Let's Fuel your fun.  
Eat fruits and veggies.



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## I-Smile

Oral health is important for good nutrition and overall health. I-Smile coordinators are dental hygienists that can link you and your family to dental care. [Click to find a coordinator](#) or scan the code.



SCAN ME

