

Pick a better snack™

A family and community newsletter

PEAS

Peas please! Green peas, also called sweet peas, are easy to find frozen or canned. Keep them on hand for when you need a quick veggie side dish.

Sugar snap peas and snow peas are other types of peas, but they have a pod that you eat. Try them cooked, or fresh for a snack.

Ramen Noodle Skillet

- 2 teaspoons oil (canola or vegetable)
- 1 cup onion, chopped
- 2 cups frozen broccoli stir fry mixed vegetables (includes snap peas), thawed
- 1 carrot, chopped or sliced into small pieces
- 2 cups cooked meat or poultry, cut into bite size pieces
- 1 package (3 ounces) beef flavored instant ramen noodles
- 1 cup water or broth

[Click for the recipe instructions](#) or scan the code.



SCAN ME

AnswerLine at ISU Extension

Ever wonder if something is still safe to eat? Just call (800) 262-3804 Monday - Friday, 9 a.m. - 4 p.m. Or email answer@iastate.edu. They can help you with all kinds of other questions, too!

What do vegetables wish for, more than anything else in the whole world?

LOL

Peas (peace) on earth!



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



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Take it Outside

Spring weather can be tricky. One day it's beautiful; the next day winter has returned. Get outdoors anyway for some physical activity.

- ◆ Take a walk together as a family and look for 10 interesting things or find three blue (could be any color!) objects.
- ◆ Play a game of tag, kickball, hide and seek or shoot baskets.
- ◆ Do yard work together, like rake leaves or pick up sticks to get ready for warmer weather.
- ◆ If it snows, shovel together.

Just dress for the weather – whatever it may be!

