

# 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](mailto: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?*

**Peas (peace) on earth!**



*Let*  
**Fuel**  
*your*  
**fun.**  
Eat fruits and veggies.

Pick a better snack™



## 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!