

Pick a better snack™

A family and community newsletter

SPINACH

Bagged salads and lettuces can really help you save time, while still eating healthy. Bagged spinach is one of the cheapest lettuces available. It's washed and ready to use. And, it's loaded with nutrients!

What to do With Spinach?

- ◆ Make a salad.
- ◆ Add to a sandwich or wrap.
- ◆ Cook into egg dishes.
- ◆ Blend into a smoothie.
- ◆ Add to a stir-fry.

Spinach Salad Toppings: You Choose!

Fruit: strawberries, other berries, dried cranberries, apples or mandarin oranges

Nuts: pecans, almonds, walnuts or sunflower seeds

Cheese: feta, goat, or blue

Dressing: balsamic, poppyseed or raspberry vinaigrette

Free Summer Meals

Kids and teens can get free meals this summer in most communities. Text **FOOD** or **COMIDA** to **304-304** to find a site near you or visit fns.usda.gov/meals4kids.



SCAN ME



What's a dancer's favorite kind of vegetable?

Spin-ach!



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



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Find Your Park

Parks are a family-friendly way to get outdoors and get moving. Parks can range from green space in your community to county parks to state parks (and even national parks!). Your family can have fun walking to and through the park, playing on the equipment, playing a game or just enjoying nature. The 99 Parks Guide is full of fun activities to do at Iowa's parks!



SCAN ME