

Pick a better snack™

A family and community newsletter

PEARS

Pears are in season late summer and fall. This is when you can get them at the best price. With the skin, pears have more fiber than most fruit.

Quick snack

- ◆ Rinse pears under cold, running water and eat them whole, sliced or chopped.
- ◆ Try this! Cut a fresh pear with an apple slicer.
- ◆ Serve canned pears or diced pears in fruit cups.
- ◆ Stir chopped pears into yogurt.
- ◆ Serve pear slices with cheese.

Is it ripe?

- ◆ Keep pears on the counter until ripe.
- ◆ Bartlett pears turn yellow when ripe, but not all kinds of pears change colors. Check the Neck™: feel under the stem area to check for ripeness. If it's soft, it's ready to eat.

Supplemental Nutrition Assistance Program (SNAP)

SNAP can help families buy groceries when times are tough. Call (855) 944-3663 weekdays from 8 a.m. to 5 p.m. to apply by phone. [Check your eligibility or apply online.](#)



SCAN ME

Why should you never trust stairs?

Because they're always up to something.



Let's
Fuel
your
fun.

Eat fruits
and veggies.

Pick a better snack™



Physical Activity: Start Small

Adding more physical activity into already busy routines can seem really overwhelming. To make it more manageable, start small with these ideas:

- ◆ Add a few more minutes to a family walk.
- ◆ Go outside for a few minutes to play after dinner.
- ◆ Try walking or biking to school one day.
- ◆ Visit the neighborhood park on your day off.

PLAY YOUR WAY!

One hour a day!