

# 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™



# PLAY YOUR WAY!

One hour a day!

## 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.