

Pick a better snack™

A family and community newsletter

ZUCCHINI

This summer squash has a mild flavor and is easy to find from July through September. You might even have friends and neighbors giving you garden-grown zucchini they can't use.

Zucchini cooks up quickly for a veggie side dish. Fast and fresh!

Sauteed Zucchini

1. Cut off both ends of the zucchini.
2. Cut in half the long way, then cut each half into pieces, about ½ - 1 inch.
3. Heat 1 tablespoon of vegetable or olive oil in a pan over medium heat.
4. Add the zucchini and stir occasionally. Cook for about 5 minutes until tender, but not mushy.
5. Season with a pinch of salt, pepper, oregano or garlic powder.

Recipe from Iowa State University's Spend Smart. Eat Smart.®



SCAN ME

Get Free Fruits & Veggies

Double Up Food Bucks helps SNAP/EBT users buy more fruits and veggies. Every \$1 you spend on fruits and veggies is matched, up to \$10 a day. Learn more and find participating locations at DoubleUpIowa.org.



SCAN ME

What vegetable likes to look at animals?

A zoo-chini.



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



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5-2-1-0 Healthy Choices Count!

Keep kids healthy by focusing on the following four daily habits:

- ◆ 5 or more fruits or vegetables
- ◆ 2 hours or less of recreational screen time
- ◆ 1 hour or more of physical activity
- ◆ 0 sugary drinks – drink more water

Learn more at iowahealthieststate.com.



SCAN ME

PLAY YOUR WAY!

one hour a day!