

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. [www.idph.iowa.gov/inn/pick-a-better-snack](http://www.idph.iowa.gov/inn/pick-a-better-snack)



## Child Care Assistance

You may be eligible to save money on child care and free up your budget for other important things like nutritious foods. Child Care Assistance is a program to help pay child care expenses. If your family meets the gross monthly income guidelines, and you're working at least 28 hours a week, going to school or attending a training program, you can get help with your child care expenses. To find out if you're eligible, apply online or print an application at <https://ccmis.dhs.state.ia.us/clientportal/>.

If accepted, you'd still get to choose who cares for your child. The child care provider must meet certain requirements, pass background checks and meet health and safety standards. The child care provider is paid directly from the program.

If you have questions about this opportunity, call the centralized child care unit at **(866) 448-4605**.

## Take a Breath this December

This time of year can be stressful. Between school, work, family activities, holidays, extra curricular activities and performances, it's busy!

Try connecting and slowing down with some yoga. There are a lot of free videos online, or you can create your own moves mimicking animals such as a cat (on all fours and arch your back), butterfly (seated with your feet together and legs bent to look like a butterfly), and flamingo (standing, with one foot on the opposite knee, and hands over head).

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



Pick a better snack™



### CARROT

- Put carrots - fresh, canned or frozen - on your grocery list for a low-cost veggie.
- Try petite carrots plain, with a dip, or microwave in the bag (if the package says "microwavable").
- Shred fresh carrots for a salad or smoothie. Cut them up for a stir-fry, or roast them with a little honey and oil.



### BEET

- Change up your menu with beets. Look for smaller beets which are more tender. Most beets you'll find are red.
- Remove the leaves, which you can eat raw or cooked, and store beets in the fridge for up to 3 weeks.
- Buy canned or pickled beets for an easy way to enjoy beets.



### POTATO

- Eat potatoes for complex carbohydrates, potassium and vitamin C.
- Choose healthy toppings like cooked vegetables, chives, green onions, salsa or plain yogurt.
- Keep the skin on for fiber and flavor!

