

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



Your Life Iowa

Healthy eating is important, but there are other areas of health that may need to be addressed first. If you or a loved one are facing problems with alcohol, drugs, gambling, mental health or suicidal thoughts, you can turn to **Your Life Iowa**.

Free and confidential help and information is available 24/7 by phone **(855) 581-8111**, by text **(855) 895-8398** or online chat at yourlifeiowa.org, so you can talk, text or chat with someone right away. Follow Your Life Iowa on Facebook, Instagram or Twitter, too. If you're not sure if you're at risk, check out the warning signs and "Am I at risk?" quizzes on the website.

Everyone needs help sometimes. No judgment. Just help.

Try Something New!

Hy-Vee Kids Fit has a large online library of kid-friendly at-home fitness videos – all for free! There are fitness-inspired videos along with sports-focused videos and videos that encourage the kids to try something new. Find them online at <https://www.hy-veekidsfit.com/>.

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



Pick a better snack™

Food Preservation

Food preservation is a way to keep fruits and vegetables safe to eat long after they're harvested. It maintains the taste, texture and nutrition of the food as much as possible. If you want to learn how to preserve your own garden produce, contact the ISU Extension office in your county to learn the

proper way so that no one gets food poisoning. You probably eat foods that are preserved all the time. Fruits and vegetables that are canned, frozen, pickled, dried or fermented are preserved. It's easier to eat more fruits and veggies when you eat them in all these different forms.



CANNED

- Trust in canned fruits and vegetables as a healthy option. The fruits and veggies are canned after fully ripe, when they contain the most nutrients.
- Keep canned fruits and veggies on hand for a quick side dish or snack.



FROZEN

- Feel good about buying frozen fruits and veggies. They are full of nutrients comparable to their fresh versions.
- Choose frozen fruits and veggies for a longer shelf-life than fresh, and the best option for some recipes.



FERMENTED

- Wow your taste buds with fermented cabbage known as kimchi, kraut or curtido.
- Know that fermentation uses microbes (tiny organisms, like bacteria) that are good for you.