

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)

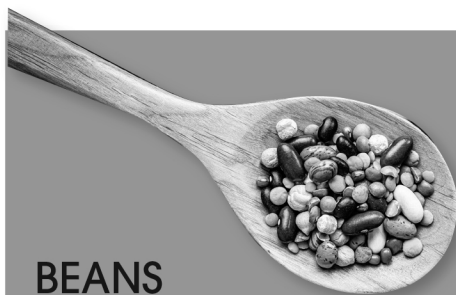


## Create a Ninja Course!

Cabin fever can be a lot for everyone, parents and kids included! Give your kids an opportunity to get creative and let loose indoors (with some boundaries, naturally). Set up your own Ninja course with these ideas the next time the weather keeps the kids inside.

- Create an obstacle or ninja course by using couch cushions.
- Create a balance beam with tape on the floor.
- Jump from square to square on floor tiles.
- Hit a balloon like a volleyball, fly like a superhero, etc.

Have kids take turns timing their runs through the course to see who can beat their previous time!



## BEANS

- Add canned or dried beans to your meals for a good source of fiber and protein. On average, one-half cup of cooked beans has about 7 grams of protein and 7-8 grams of fiber.
- Follow the instructions on the package to prepare dried beans. Canned beans are ready to eat. Rinse and drain them for less sodium and liquid.
- For a quick black bean salsa, mix 1 can black beans (15 ounces, drained and rinsed), 1 ½ cups corn and 1 jar (16 ounces) salsa.

(Recipe provided by Iowa State University's Spend Smart. Eat Smart.®)

## SNAP

Sometimes families go through hard times. The Supplemental Nutrition Assistance Program (SNAP) can help families purchase groceries. To find out if you're eligible, visit [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply). To apply by phone, call the Iowa Food Assistance Hotline at (855) 944-3663 from 8:00 a.m. - 5:00 p.m. Monday - Friday.

The SNAP/EBT card can be used to pay for food ordered online at Amazon and participating ALDI, Walmart, Hy-Vee and New Pioneer Food Co-op locations. Some stores allow for payment online and some require you to swipe your EBT card at the store when you pick up your online order. You will be provided with specific payment instructions when the order is placed. Also note that SNAP benefits cannot be used to pay for service or delivery costs.

Fuel  
your  
fun.  
Eat fruits  
and veggies.



Pick a better snack™  
🍌 🥦 🍎 🥕



## CORN

- Want your kids to eat their veggies? Eat veggies with your child at the next meal. They learn by watching you.
- Why not serve corn? It's easy to find canned or frozen in the winter (or anytime, really) and fresh in the summer. Tip: Learn how to freeze some of that delicious Iowa sweet corn this summer and enjoy it all year.
- Eat corn plain as a side dish or add it to your soup, salsa, taco salad, quesadilla or pancake batter. Finish off Mexican rice with corn on top.