

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)

## PLAY YOUR WAY!

one hour a day!



### WIC

If you or someone in your family has lost income, you may be eligible for WIC. The WIC Program is for families with infants and children up to age 5 as well as pregnant, breastfeeding and non-breastfeeding women who recently had a baby. The program provides healthy foods and offers breastfeeding support for new moms.

Each month, families can purchase a variety of foods at the grocery store with their WIC benefits, including fresh or frozen fruits and vegetables. During the summer, additional dollars are offered to purchase fruits and vegetables at farmers markets.

WIC also provides nutrition education, access to recipes and cooking videos, and referrals to other programs. To find a location close to you, go to [signupwic.com](http://signupwic.com) or call the state office at (800)-532-1579. For more information visit: <https://idph.iowa.gov/wic>.

### Make a Game Out of It!

Physical activity doesn't have to be organized sports or traditional exercise. It can be playing a fun silly game with your child. Try playing a game with UNO® cards, a traditional deck of cards or dice. Have your kids determine an activity for each color, suit or number. Then do that activity as many times as the number on the card.

Here are some examples to get started:

- Squats
- Starfish jumps or jumping jacks
- Dance or "air" instruments
- Arm circles
- Skipping
- Free choices for the wild cards or jokers

Fuel  
your  
fun.  
Eat fruits  
and veggies.



Pick a better snack™



### CABBAGE

- Try green, red, Napa, Bok-choy, or savoy cabbage - all part of the Brassica family (the same family that includes nutrition superstars broccoli and kale).
- Add to stir-fries or Asian noodle dishes. Top fish tacos with coleslaw or pupusas with curtido.
- Grow it in the spring or fall when it's cooler.



### BRUSSELS SPROUTS

- Grow or find a Brussels sprout plant and you'll be amazed. The sprouts, which look like baby cabbages, grow along the tall stem.
- Store Brussels sprouts (another Brassica veggie) in the fridge. Rinse, peel off wilted layers, cut off the stem and slice in half before cooking.
- Try them roasted, steamed or sauteed.



### KOHLRABI

- Expand your veggie options and try kohlrabi, another member of the Brassica family.
- Don't confuse it for a root vegetable; it grows above ground.
- Enjoy the light green or purple "bulbs" raw, steamed or roasted. You can eat the leaves, too!