

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

PLAY YOUR WAY!

one hour a day!



A Great Way to Start the Day!

Walking to school is a great way to connect with your child as the day begins. Oftentimes we default to driving to and from the school, and the drop off and pick up lane can end up being really stressful!

To avoid the carpool lane headache, try parking near the school and walking with your student. It will give you 5-10 minutes each day to connect, which can help maintain a close relationship and open communication with your child. An added bonus, a few minutes of physical activity and some sunshine makes everyone feel good!



Farm to School – and Home!

This year in the Pick a better snack™ program, your child will have the opportunity to taste different fruits and vegetables that can grow in Iowa. Some of the produce students taste in class will actually come from farms in your community! We're excited to support local farmers and growers and to continue to teach students about where food comes from.

You may even be inspired to grow some of your own fruits and veggies. For those that participate in SNAP/ EBT, did you know that you can use your benefits to purchase food-producing seeds and plants?

Another way to get involved in growing fruits and vegetables is to volunteer in your school or community garden. It's a great way to help out, and you'll most likely take home yummy food.

Fuel
your
fun.
Eat fruits
and veggies.

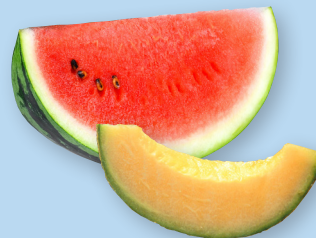


Pick a better snack™




APPLE

- Visit an Iowa orchard and find many favorite varieties: Honeycrisp, Red Delicious, Gala, McIntosh, Regents and Zestar.
- Wash, then bite – a satisfying snack with over 4 grams of fiber (with skin).
- Store in the fridge for up to 3 weeks. Since they keep so long, you're less likely to throw them out and waste food.



MELON

- Grab a melon before they are out of season, which runs July through October.
- Mix into a fruit salad or cut into wedges or bite-size pieces for a sweet, healthy snack or dessert.
- Look for cantaloupe with yellowish skin. A good watermelon will have a flat, yellow spot where it touched the ground while ripening.



PEAR

- Eat them in the fall while in season; they taste better, and you'll get a better deal.
- Place fresh pears in a paper sack on the countertop to ripen if needed. Rinse under water when ready to eat.
- Leave the skin on for more fiber and other nutrients.