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Move Your Way

Getting kids 60 minutes of physical activity everyday can seem like a lot. The good news is that it can be broken down into smaller pieces throughout the day, and it all adds up!

A typical day could include a walk to school (10 minutes), recess (20 minutes), a walk home from school (10 minutes), playing in the park (15 minutes) and a family dance party after dinner (5 minutes). This adds up to 60 minutes!

The Move Your Way campaign has a lot of ways you can find movement throughout the day. Check out <https://health.gov/moveyourway#parents>.



Fuel
your
fun.
Eat fruits
and veggies.

Pick a better snack™

Spend Smart. Eat Smart.

This app can help you save money. Download the Spend Smart. Eat Smart. app and use the unit price calculator at the grocery store to compare similar items. If you want to know if it's cheaper to buy canned or frozen peas, enter the cost and amount for each product. It will show you the better deal!

Another great thing about this app is that it can help you pick good quality produce. Go to the Produce Basics section (listed under More) and find the list of fruits and vegetables. Click one to learn how to buy, store and prepare it. A handy tool when buying fruits and veggies!



TOMATO

- Don't miss the best-tasting tomatoes, which are grown locally and ready to eat in July – September.
- Store whole tomatoes on the countertop, not in the fridge.
- Try cherry or grape tomatoes for an easy snack.



CUCUMBER

- Want something cool and refreshing? Try cucumbers.
- Eat plain or with a dip, or add to salads, sandwiches and fresh spring rolls for an extra crunch!
- Store uncut cucumbers in the fridge for up to 7-10 days. Clean under cool running water before eating.



EGGPLANT

- Check your local farmers market for this versatile garden vegetable.
- Look for different kinds; Chinese and Japanese eggplants are long, skinny and cook up quickly.
- Eat grilled, roasted, baked – or any way you like it!