

Pick a better snack™

# FAMILY NEWSLETTER



## Eating Out: How to Make a Healthy Choice

Eating out can be a fun thing to do with your family! Whether going to a sit-down restaurant or picking up takeout, you can enjoy eating out while still making healthier choices.

Usually there are options for sides with the main meal. Choose vegetables, fruit, or cottage cheese rather than a fried item, like french fries.

Beverages are another place where you can make a healthier choice. Many kids' meals have an option of milk, rather than soda. If juice is a choice, ask if it is 100% juice. Water is always an option at a restaurant as well!

Table menus and menu boards list the calories for each item in most restaurants. Compare your favorites for the right choice for you.

The next time you eat out, check out all the options before you order and enjoy a night of no cooking.



# Fuel your fun.

Eat fruits and veggies.



## April 22nd is Earth Day!

This month, we're encouraging you to get active while helping the earth! Pick up trash at a local park, plant a garden, or go on a scavenger hunt finding different kinds of plants in your neighborhood. Post your Earth Day activity on social media and tag #PlayYourWay so we can share what you've done!



## Parts of the Plant

In *Pick a better snack™*, students learn the parts of the plant that we eat. For example, potatoes are the roots, broccoli is a flower, strawberries are the fruit, and beans are the seeds.

This month, students learned about stems. What are stems that we eat? Yes! Asparagus, celery, and rhubarb are all stems that we eat.

Next time you eat a vegetable, ask your child what part of the plant it is. It's a fun way to learn science.



## Iowa Food Assistance Online Shopping

Did you know? If you have an Iowa Food Assistance/EBT card you can now use it to buy groceries online at Amazon and Walmart. Amazon will deliver to all Iowa zip codes. You can purchase from Walmart online if they offer online groceries in your area. Visit your specific Walmart store's website or call (800) 924-9206 to determine if online grocery is available where you live. Benefits will not cover service or delivery fees.



<http://www.idph.iowa.gov/inn/pick-a-better-snack>

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