

Pick a better snack™

# FAMILY NEWSLETTER



## Is Snacking OK For My Family?

Having a snack in between a meal is perfectly acceptable! Snacks help kids get the nutrients and energy they need to grow and stay active. Most kids need to eat every 3-4 hours. Plan for snacks to keep kids from grazing all day long and ruining their appetite at mealtime.

Keep healthier snacks on hand, such as fresh fruit and veggies, low-fat cheese sticks, whole grain crackers, or low-fat yogurt. Create spaces in your cupboards or refrigerators that are designated spots for a healthy grab- and- go snack.

In the *Pick a better snack™* program, your child will learn about a variety of fruits and vegetables and how to eat them for a snack or at a meal. Have a fun conversation with your child about what they learned and try the featured fruit or vegetable as a family. You may just find a new favorite snack!



Fuel  
your  
fun.

Eat fruits  
and veggies.



## Unplug to Have More Fun!

This September, we're focusing on reducing our screen-time! What's your favorite non-screen activity? Aim for 2 or less hours a day in front of a TV, smart phone, or tablet device. Learn more at: [www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210).



PLAY YOUR WAY!

one hour a day!



## How to Pick a Good Cantaloupe

**Color:** The outside should be golden with a flat, yellowish spot, which means it ripened on the vine.

**Firmness:** The ends of the melon should yield slightly when gently pressed. There should be no soft spots or cracks.

**Smell:** It should smell good, like cantaloupe.

**Weight:** It should feel heavy for its size when compared to other cantaloupe.



## Double Your Money

**Double Up Food Bucks™** helps Iowa Food Assistance/EBT participants buy more fruits and vegetables. When you use your EBT card to buy fruits and vegetables at participating farmers markets and grocery stores, you'll receive FREE **Double Up Food Bucks™** to buy more produce. Every dollar you spend is matched up to \$10 per day. Find a location near you at [www.DoubleUpIowa.org](http://www.DoubleUpIowa.org).



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

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