

Pick a better snack™



Monday	Tuesday	Wednesday	Thursday 2/1	Friday 2/2
			Ice skating, basketball, swimming, running. What is your favorite sport to keep you moving?	Q: What is a vegetable's favorite kind of joke? A: A corny one!
Monday 2/5	Tuesday 2/6	Wednesday 2/7	Thursday 2/8	Friday 2/9
Feeling thirsty? 8 cups of water a day keeps you hydrated!	Did you know that pears are rich in fiber and we can grow them in Iowa?	Potatoes can come in red, yellow, and brown and are rich in vitamin C!	Did you know that rhubarb is a vegetable that can grow so fast that you can hear it?	Did you know that one strawberry can have about 200 seeds on the outside? Can you try counting them?
Monday 2/12	Tuesday 2/13	Wednesday 2/14	Thursday 2/15	Friday 2/16
NO SCHOOL	NO SCHOOL	Q: What do you call a cow in an earthquake? A: A milkshake!	Red, orange, yellow, and green? Which color of peppers is your favorite?	February 16 th is National Almond Day! Almonds have healthy fats and can be eaten with yogurt or cheese!
Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22	Friday 2/23
Potatoes are a vegetable rich in potassium which helps keep our hearts healthy. Share with a friend your favorite way to eat potatoes.	February 20 th is National Muffin Day! Having fruits in your muffin can add more healthy vitamins while you can still enjoy the taste!	Just like our peppers, carrots are vitamin-rich vegetables that come in different colors like purple, orange, and yellow!	Q: What happens when a monkey gets mad? A: It goes bananas!	Looking for a dipping snack? You can have pepper sticks to get your fiber and vitamins and you can also dip them in hummus for taste!
Monday 2/26	Tuesday 2/27	Wednesday 2/28	Thursday 2/29	Friday
Beans come in different varieties, colors, shapes, and sizes and they are also fiber rich which helps you stay full!	February 27 th is National Strawberry Day! Did you know that strawberries are part of the rose family because of their smell?	Q: What is a duck's favorite snack? A: Quackers!	February 29 th is Leap Day so leap out of the house for a celebratory run and do your favorite outdoor exercises!	