

# Pick a Better Snack

A family and community newsletter

**IOWA**<sup>™</sup>  
Health and  
Human Services

## Kiwi

Kiwi is a small fruit with big nutrition. It's a good source of vitamin C, potassium, fiber and more. Kiwi will ripen faster on the counter. Put it in the fridge to slow down the ripening process. Eat kiwi when it starts to feel soft with slight pressure. Rinse the kiwi under cool, running water before eating.

### Ways to Eat Kiwi

- Cut in half and scoop out the fruit with a spoon, bite by bite.
- Cut kiwi into chunks and mix with bananas, berries and grapes for a fruit salad.
- Freeze in an ice cube tray for a glass of kiwi-infused water.
- Chop into a tropical salsa. Mix kiwi, mango, peppers, honey, lime juice and cilantro.



SCAN ME

## WIC

Pregnant or recently had a baby? Parenting children under age 5? WIC can help you and your kids stay healthy. Find a location near you at <https://signupwic.com/>. Food. Education. Support. You got this.



SCAN ME

**Pick a Better Snack**  
Eat Fruits and Veggies

LOL

Why is Cinderella so bad at playing football?

Because she runs away from the ball. Ha!



## PLAY YOUR WAY

One Hour a Day

### Things to do With a Cardboard Box

This time of year, there can be a lot of cardboard coming into our homes – what fun for kids! Let your children be creative. The box can become a fort, a rocket, a sled, a balance beam, a blank canvas for art, something to stomp, something to jump in and out of or something to cut into wings. The possibilities are endless!



SCAN ME

# December

## B I N G O

				
Dance	Banana	Snow Angels	Canned Fruit	Carrots
				You Choose!
Build Snowman	Jump	Walk	Kiwi	Any Fruit or Vegetable
		Family Ate a Meal Together		
Potatoes	Beets		Play	Skate
				
Banana	Walk	Broccoli	Cauliflower	Play
				
Shoot Hoops	Frozen Vegetables	Kiwi	Stretch	Salad Greens

### TO PLAY:

Put an X through the squares of fruits, vegetables and physical activities you try. Get five in a row, column or diagonally for a BINGO!

