

Pick a Better Snack

A family and community newsletter

IOWA[™]
Health and
Human Services

Chickpeas

Chickpeas, also called garbanzo beans, are a low-cost veggie with lots of protein and fiber. You may have eaten them in popular dishes like falafel, curry and hummus. You can buy chickpeas dried or canned.

Roasted Chickpeas

15 ounce can chickpeas, drained and rinsed
1 tablespoon olive, canola or vegetable oil
1 teaspoon seasoning (cumin, garlic, or chili powder, etc.)

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Drain and rinse one can of chickpeas. Blot dry with a paper towel.
3. In a bowl, toss chickpeas with oil and seasoning of your choice.
4. Transfer chickpeas to the baking sheet.
5. Bake for 35-45 minutes, until browned and crispy. Store in an airtight container at room temperature.

MyPlate App

Have new food goals? Download the “Start Simple with MyPlate” app in your app store. It will help you set goals, learn healthy eating tips and stay motivated to make positive changes.

Pick a Better Snack
Eat Fruits and Veggies

LOL

Why did the tomato get embarrassed?
Because it saw the chick-pea! Ha!



SCAN ME



PLAY YOUR WAY One Hour a Day

Screen Time Tips

Screens are everywhere, and they can really capture our attention when the weather turns colder. One way to keep screen time in check is to create a media plan. Establish times and places where children can use screens and look for opportunities where you could get moving instead.



January

B I N G O

				
Play	Frozen Fruit	Catch	Garbanzo Beans / Chick Peas	Salad Greens
				
Strech	Build a Fort	Run	Canned Fruit	Squash
				
Frozen Vegetables	Stretch	Family Ate a Meal Together	Snow Angels	Clementines
				
Kiwi	Play	Canned Beans	Squash	Hummus
				
Walk	Edamame	Mango	Bowl	Sled

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!

