Pick a Better Snack

A family and community newsletter



Pineapple

A taste of the tropics! Buy fresh pineapple if it's a good price. Look for pineapple that is plump, with at least some yellow towards the bottom, and has healthy-looking green leaves. If it's not mostly yellow, let it sit for a couple of days on the counter before eating.

Enjoy pineapple plain, in a fruit salad, in yogurt and smoothies, or in a sweet and tangy dish.

To learn how to cut pineapple, scan the code or go to https://tinyurl.com/8ndjsm.

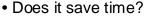


(SCAN ME



Fruits and vegetables don't have to be fresh. Canned, frozen and dried fruits and veggies are nutritious options, too. Which form to choose? Consider:

- Is it in season?
- Which is cheaper?
- How will I use it?
- Do I like the taste?







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Eat Fruits and Veggies

Because they're always up to something.



I-Smile

Oral health is important for good nutrition and overall health. I-Smile coordinators are dental hygienists that can link you and your family to dental care. Find a coordinator at https://tinyurl.com/4fknfftmor scan the code.





Improve Your Mental Health

Physical activity is so good for our minds! Being active is not just good for your muscles and bones, it can help you think, learn and problemsolve. It also helps with our emotions and can reduce anxiety and depression. Get your family moving for a mood and energy boost!



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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!

