

# Pick a Better Snack

A family and community newsletter

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

## Peas

Peas please! Green peas, also called sweet peas, are easy to find frozen or canned. Keep them on hand for when you need a quick veggie side dish.

Sugar snap peas and snow peas are other types of peas, but they have a pod that you eat. Try them cooked, or fresh for a snack.

## Ramen Noodle Skillet

- 2 teaspoons oil (canola or vegetable)
- 1 cup onion, chopped
- 2 cups frozen broccoli stir fry mixed vegetables (includes snap peas), thawed
- 1 carrot, chopped or sliced into small pieces
- 2 cups cooked meat or poultry, cut into bite size pieces
- 1 package (3 ounces) beef flavored instant ramen noodles
- 1 cup water or broth



SCAN ME

Scan the code or go to <https://tinyurl.com/ymxhtxfz> for the recipe instructions.

## AnswerLine at ISU Extension

Ever wonder if something is still safe to eat? Just call **800-262-3804** Monday - Friday, 9 a.m. - 4 p.m. Or email [answer@iastate.edu](mailto:answer@iastate.edu). They can help you with all kinds of other questions, too!

**Pick a Better Snack**

Eat Fruits and Veggies

LOL ♡

What do vegetables wish for, more than anything else in the whole world?

Peas (peace) on earth! Ha!



**PLAY YOUR WAY** One Hour a Day

## Take it Outside

Spring weather can be tricky. One day it's beautiful; the next day winter has returned. Get outdoors anyway for some physical activity.

- Take a walk together as a family and look for 10 interesting things or find three blue (could be any color!) objects.
- Play a game of tag, kickball, hide-and-seek or shoot baskets.
- Do yard work together, like rake leaves or pick up sticks, to get ready for warmer weather.
- If it snows, shovel together.

**Just dress for the weather – whatever it may be!**

# March

## B I N G O



Park/Slide



Frozen Peas



Ride (a bike)



Dried Beans



Lemon/Lime



Play



Grapefruit



Run



Orange



Walk



Sugar Snap Peas



Stretch



Family  
Ate a  
Meal  
Together



Dribble



Frozen Fruit



Okra



Throw



Clementine



Corn



Park/Climb



Walk



Frozen Vegetable



Canned Fruit



Jump



100% Fruit Juice

### 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!