Family Goal Setting

Try one new fruit or vegetable each week this month. Take your kids to the grocery store and pick out something new.

Arkansas' Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Visit access.arkansas.gov for more information.
EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

Carrot (Wash. Bite. How easy is that?)
- **Buying:** Choose smooth, firm, crisp carrots with deep color and fresh, green tops. They should not bend easily. Avoid carrots with soft spots or cracks.
- **Storing:** Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks. Keep baby carrots in an air-tight plastic bag or container. Baby carrots are usually good for one to two weeks once they’re opened.
- **Enjoying:** Peel carrots if you prefer a smooth skin. For smaller bites, cut whole carrots into coins or sticks or buy baby carrots. Try yellow baby carrots for a change! Dip in low-fat ranch, cottage cheese, or salsa.

Dried Cranberries
- **Buying:** Look for dried cranberries with less added sugar.
- **Storing:** Store in an air-tight plastic bag or container.
- **Enjoying:** Dried cranberries taste great in cereal or oatmeal for breakfast. Add to salads for some extra color and flavor.

LET’S MOVE!

Let’s Move During the Week.
School is in full swing! Check out these ideas for simple ways to be more active during the school week:
- Go for a family walk after dinner, even if it’s just around the block.
- Limit the amount of time you and your children watch TV during school nights. Experts recommend no more than two hours per day. Keep TVs out of kids’ rooms.
- Get moving during TV commercials. It’s a great time to pick up or pack school bags for the next day.
- Talk with a neighbor about going on a daily early-morning or after-dinner walk for exercise and conversation.
- Get enough sleep. It’s hard to stay motivated when you’re tired.

Looking to stretch your food dollar? See if you and your children qualify for food assistance at access.arkansas.gov

www.idph.state.ia.us/pickabettersnack

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www.fns.usda.gov/eatsmartplayhardkids

Eat Smart. Play Hard. is the United States Department of Agriculture (USDA), Food and Nutrition Service’s (FNS) Campaign to promote healthy eating and encourage physical activity in children and families. Power Panther™ is the messenger for this campaign.