

EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

Broccoli (Wash. Bite. How easy is that?)

• **Buying:** Broccoli is delicious fresh or frozen. Choose fresh broccoli with tight, dark green florets. Stay clear of broccoli with yellow florets. You can save money by buying whole heads of broccoli and cutting them up yourself. Rinse the broccoli under cold water and dry thoroughly. Cut the broccoli into bite-size florets including about 1 inch of stem on each piece. Frozen broccoli tastes great too. Add frozen broccoli to spaghetti sauce or casseroles. It's an easy way to boost the nutritional value of your family's favorite dishes.

• **Storing:** Refrigerate broccoli in a plastic bag or container and use within 3-5 days.

• **Enjoying:** Make your own dip for broccoli! Buy a small (6 oz) non-fat plain yogurt in the dairy section of your grocery store. Stir in ½ cup of your favorite salsa.

Kiwi (Scoop. Eat. How easy is that?)

• **Buying:** Choose slightly firm kiwi with a rough, fuzzy skin. The softness should be similar to a ripe peach.

• **Storing:** Store kiwis that aren't soft yet on the counter until they ripen. You'll know they're ripe because they become soft. Store ripe kiwis in plastic bags in the refrigerator for 2 to 4 weeks.

• **Enjoying:** The easiest way to enjoy kiwi is to cut the kiwi in half. Use a spoon to scoop out the fresh green fruit. How easy is that!



www.idph.state.ia.us/pickabetersnack

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Resource:

Print off a healthy meal plan customized just for you and your family at www.choosemyplate.gov/tools.html



LET'S MOVE!

Move Indoors

It's officially winter! Check out these ideas for fun ways to get you and your family moving indoors:

- Check out a dance or exercise DVD from your library. Learn hip-hop, belly dancing, kung fu or kick-boxing.
- Play indoor games as a family, such as hide and seek or tag.
- Head to the nearest mall and walk inside. Most malls open doors early just for mall walkers.
- Check out your local high school, YMCA, parks and recreation department or community center to find indoor physical activity classes. Many organizations offer free or low-cost options during evenings and weekends.
- Set a timer and pick up the house in 10 minutes! Get everyone involved. See if you can beat the clock to clean a room in your house.



NAME _____

has played Pick a **better snack**™ & **Act** bingo this month.

SIGNATURE _____

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.