Family Goal Setting

Get moving during commercial breaks every time you watch TV this month. Dance, pick-up or do dishes during commercials.

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. Go to access.arkansas.gov for more information.

Pick a better snack™ & Act allows you to enjoy a variety of fruits, vegetables, and physical activities. Complete the card by putting an “X” through the squares of fruits, vegetables, and physical activities you have tried. A “Bingo” is complete when you make a line of X’s diagonally, horizontally, or vertically.
PICK A BETTER SNACK.

**Spinach** (Wash. Bite. How easy is that?)
- **Buying:** When buying fresh spinach, choose spinach leaves that are crisp and bright green. Choosing bulk spinach instead of prewashed, bagged spinach will save money. Frozen spinach is a fantastic option for adding a lot of nutrition to everyday meals and it is very inexpensive.
- **Storing:** Refrigerate fresh spinach in a plastic bag; use within a few days.
- **Enjoying:** Fresh spinach makes a great salad. Simply wash and dry the leaves and you’re ready to make a tasty and nutritious salad. Frozen spinach can be defrosted in the refrigerator overnight or by setting the package in a bowl of warm water. Add defrosted spinach to soups, pasta sauce or casseroles for an easy nutrient boost.

**Asparagus**
- **Buying:** Choose bright asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.
- **Storing:** Refrigerate asparagus for up to four days by wrapping ends of stalks in wet paper towel and placing in a plastic bag.
- **Enjoying:** Try roasted asparagus! Wash asparagus and cut off the thick end. Spread spears on a large rimmed baking sheet. Drizzle spears with olive oil and roll them around to coat lightly. Roast medium-thick spears in a preheated 400°F oven for about 12 minutes; thin ones about 8 minutes; occasionally shaking the pan to roll them around for even browning. Test with a fork to determine doneness. Spears should be slightly tender throughout and lightly browned.

www.idph.state.ia.us/pickabettersnack

LET’S MOVE!

**Let’s Move on the Weekends.**
Who doesn’t love the weekend? Take advantage of Saturday and Sunday to get moving as a family:
- Make a routine built around physical activity for your family on the weekends. Try a Saturday morning walk, Saturday afternoon bike ride, or Sunday visit to the park.
- Walk to the store instead of driving.
- Head to the nearest farmers’ market. Find the closest one to you at http://idalsdata.org/IowaData/farmersMarket.cfm
- Build parties and special occasions, like birthdays, around physical activity. Go roller skating, bowling or play flashlight tag for a special event.

Resource:
Did you know many communities offer meals to children throughout the summer at no cost? Call 515-281-5356 between 7:30 a.m. and 4 p.m. Monday through Friday to find out if there is a summer food service site in your community.

www.fns.usda.gov/eatsmartplayhardkids

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