

PICK A BETTER SNACK - ON THE GO!

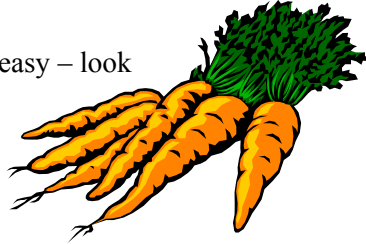
October

Week One-

ON THE GO WITH CARROTS!

Carrots are packed with vitamins A and C, and they're also free of fat, saturated fat and cholesterol. Plus they're low in calories and sodium and contain carotene to help our vision.

Picking out good carrots is easy – look for carrots that are firm, smooth, evenly shaped and have a bright orange color. When you get them home, snap off the greens (if they have any), rinse and scrub (peeling is optional) each carrot with cold water, and pop them in your refrigerator. You can even buy baby carrots already packaged in snack sizes? *They'll be ready to go when you are!*



Wash. Scrub. Eat. How easy is that?

TAKE CARROTS WITH YOU!

- It's World Space Week! Snack on carrots as you take a night stroll to admire the stars. Use carrots to explain to kids how rockets fly, then wash and munch away on them.
- Kids (and adults!) love carrot and celery sticks dipped in peanut butter. Take a break from raking leaves in the yard to enjoy a healthy snack.
- Take a bag of baby carrots along with you to your next football game tailgate party. Ask the concession stand to start offering them for sale if they're not available.



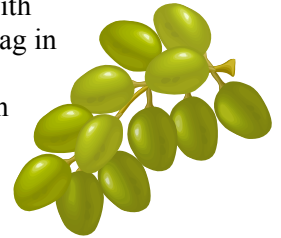
Quick Nibble: When the carrot was first introduced in France in the Middle Ages, people ignored the edible root and grew it for its feathery leaves, which were used to decorate hairstyles, hats and other female apparel items.
The Carrot Cookbook

Week Two-

ON THE GO WITH GRAPES!

There are many varieties of grapes, so choose those that are plump and fresh-looking with good coloring.

Before indulging, rinse grapes well with cold water. Store grapes in a plastic bag in the refrigerator, away from other vegetables. They'll be ready to munch on if you work through lunch, need a snack for meetings or want something quick to eat on your way home from work.



Wash. Eat. How easy is that?

TAKE GRAPES WITH YOU!

- Bring a bag of grapes with you while you walk outside with your boss over the noon hour. Ask your cafeteria or vending machine supplier to offer healthy snack options.
- It's National School Lunch Week? Talk with your kids about picking healthy fruits and vegetables for lunch at school. Make grape frozen pops for after-school snacks by mixing grapes with grape juice, then just pour into a mini paper cup, stick a straw in the centre and freeze. Or even easier, spread grapes out on a pan and put them in the freezer – they become a frosty treat.
- Columbus Day is October 14. Tour a local historical museum and take a "boatload" of grapes and other fruits to enjoy on the journey.



Quick Nibble: The frosty look on grape varieties is called bloom and is a natural protection produced by grapes. It takes 14 days of drying in the sun for a grape to become a raisin.

IOWA STATE UNIVERSITY
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Pick a **better** snack

TEAM NUTRITION  IOWA™

Week Three-

ON THE GO WITH JICAMA!

Like potatoes, choose jicama with firm texture and smooth, unblemished or wrinkled skin. Unlike a potato, jicama must be peeled before using. Jicama can be eaten raw or cooked. Impress your friends with a new snack using jicama!

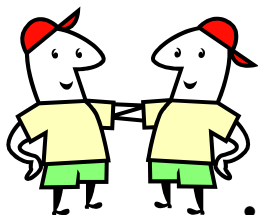


It's low in calories and starch, free of saturated fat, cholesterol and sodium, and packed full of vitamin C.

Wash. Peel. Eat. How easy is that?

TAKE JICAMA WITH YOU!

- It's Family Health Month! Take your family on a stroll through the leaves or to an orchard to pick out your Halloween pumpkin. Slice some raw jicama into wide sticks, and take it along with some guacamole or vegetable dip for a snack.
- Going to a friend's house to watch the major league baseball playoff games on TV? Slice up jicama and top it with low-fat cheese or garlic powder and oregano for a great snack, or make baked jicama chips and salsa.



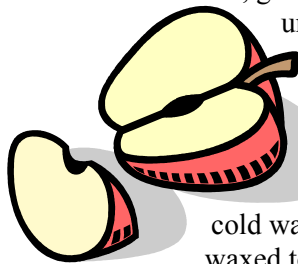
- Jicama is sold as a street food in Mexico with a squeeze of lime and a shake of fiery chili powder. Give that a try to warm up on a cold Saturday night.

Quick Nibble: Jicama is a cousin of the sweet potato and is a member of the morning glory family that hails from Mexico and South America.

Week Four-

ON THE GO WITH APPLES!

There are thousands of varieties of apples that come in all shades of reds, greens and yellows. Each has its own unique taste. Whichever type strikes your fancy, choose apples that are firm, without soft or bruised spots or wrinkled skin, and have a pleasant smell. Always wash apples with cold water before eating. Some apples are waxed to preserve freshness and increase storage time.



Wash. Eat. How easy is that?

TAKE APPLES WITH YOU!

- Fill kids' bellies with apples and other healthy foods before they go out trick-or-treating. Chances are they won't overindulge as much on candy.
- Rent a Halloween movie. Munch on apple slices during the thriller.
- Try a new, food safety –friendly version of bobbing for apples. Cut an apple into slices. Tie one end of a piece of dental floss around each apple slice. Tie the free end of the floss to a broom handle. Have each person, holding his/her hands behind his back, take a bite of the apple slice as it swings through the air. Use a fresh floss and apple slice with each person.
- Sliced apples smeared with cream cheese or peanut butter or dipped in yogurt are a great snack when you're in a rush or on a road trip.



Quick Nibble: Every single McIntosh apple tree has a "family tree" that goes back to the very first McIntosh, discovered by John McIntosh growing wild on his farm in Dundas County, Ontario. That tree lived for 90 years.

For more information contact Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County
Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;
Web Site: <http://www.extension.iastate.edu/food>

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The Food Stamp Program provides nutrition assistance to people with low-income. It can help you buy nutritious foods for a better diet.
To find out more about food stamps, contact the local Iowa Department of Human Services office serving the county where you live,
or call toll-free at 1-800-972-2017

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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For snack and activity ideas for the other 11 months of the year go to:

www.extension.iastate.edu/food/

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