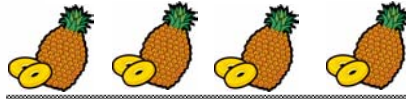


# Pick a better snack & Act



## This week Week Three



### Snack

#### Pineapple-Banana Yogurt Pops

2 cups plain yogurt  
2/3 cup crushed pineapple  
½ cup mashed banana  
1 teaspoon lemon juice  
6 tablespoons honey or sugar

Blend yogurt, pineapple, banana, lemon juice, and honey or sugar. Pour into 3-ounce waxed paper cups or muffin tins with paper muffin liners. Insert wooden sticks and freeze until firm. Makes 9 pops.



### Be Active

- National Turn-off TV week begins Sunday. Take this time to plan activities and games with your family outside.
- Earth day is April 22. Support the Earth's environment by declaring a car free day for the family.
- Take a night walk and look for Mercury, Venus, Mars, Saturn and Jupiter as they line up in the sky for the next few weeks.

### More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at [www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/).