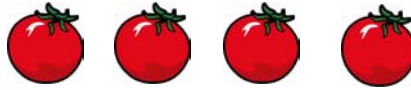


Pick a better snack & Act



This week Week Four



Snack

Grape Tomato Picnic Pleasers

1 pint grape tomatoes
Ice water
1/2 cup sliced green onions
1/4 cup commercial Lemon Pepper Marinade

In large pan of rapidly boiling water, carefully immerse tomatoes 15 seconds. Remove with slotted spoon and immediately submerge in ice water. Peel off and discard skins and stems. In large resealable plastic food storage bag, place tomatoes. Add green onions and Lemon Pepper Marinade; seal bag. Marinate in refrigerator at least 30 minutes.



Be Active

- On Arbor Day get your physical activity by planting a tree or shrub.
- School is out soon. Research summer recreation programs that include physical activity.
- April 25 is Take your Child to Work day. Demonstrate to your child how you plan physical activity into your work day.

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/.