

Pick a better snack & Act



This week Week Two



Snack

Fresh Raspberry Crisp

- 1 quart raspberries
- 1/3 c. Sugar
- 1/4 c. Margarine, softened
- 1/3 c. flour
- 1/3 c. Brown sugar
- 3/4 c. Rolled oats

Preheat oven to 350. Place fruit in the bottom of a 9"square baking pan and sprinkle sugar over fruit. In a medium bowl blend together the margarine, flour, brown sugar and oats, until it resembles a coarse meal. Sprinkle over the fruit. Bake for 30 minutes or until lightly browned. Serve hot.



Be Active

- National Aviation Day is Sunday August 19. Go fly a kite in the park to celebrate.
- Organize a walking school bus in your neighborhood. Invite kids along the walk to school to join you and your children.

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/.