

Pick a better snack & Act



This week Week Three



Snack

Honeydew Summer Salad Wedges

- 1 honeydew melon
- 1 3-oz. pkg. lemon flavor gelatin
- 1/2 cup boiling water
- 1/2 cup ice water
- ice cubes
- 1 cup whole strawberries, hulled

Cut melon in half; scoop out seeds. Pat the inside of the melon dry using paper towels. Dissolve gelatin in boiling water. Combine ice water and ice cubes to make one cup. Add to gelatin and stir until slightly thickened. Remove any un-melted ice. Place each melon half in a small bowl to hold straight and firm. Place half of strawberries in each melon half. Pour gelatin mixture over berries. Cover with plastic wrap and chill until firm, about 3 hours. To serve, cut into wedges. Serves 8



Be Active

- Check the sport shoes for everyone in the family. Shoes may look great but need to be replaced after 6 months of use for best support. Then go for a walk through a shady park.
- Play water-balloon toss games.

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/.