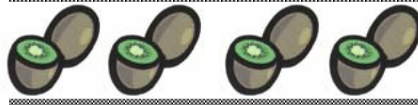


Pick a better snack & Act



This week Week Three



Snack

Kiwi Pizza

1 tube refrigerator sugar cookies
1 tub prepared frosting-white
6 kiwi
maraschino cherries (for decoration)

Prepare sugar cookies following directions on package. Cut the cookies into fun shapes with cookie cutters. Let cookies cool after baking and spread with frosting. While frosting is still moist, top cookies with slices of kiwifruit and cherries.



Be Active

- Sign up with a community organized volleyball team beginning the first of the new year
- Draw a hopscotch pattern on the basement floor and enjoy skipping the numbers with friends.
- Hacky Sack is a fun win-win game. Play with the small soft ball to improve balance.

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/.