

Pick a better snack & Act



This week Week Two



Snack

Mushroom Buttons

12-16 oz package of whole fresh mushrooms (Do not use canned)
8 oz bottle of vinegar based salad dressing.

Wash and place mushrooms in a tightly sealing container. Coat mushrooms with dressing. Seal and refrigerate. Occasionally swirl, shake, and/or invert the container. Mushrooms will absorb flavors in 2-4 hours but can be prepared the night before. Offer toothpicks to keep hands dry.



Be Active

- Create a homemade valentine for the neighbors and make a walking delivery
- Plan a Father/Daughter Valentine Dance in your dining room
- Create your own percussion exercises to the beat of a drum.

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/.