

Pick a better snack & Act



This week Week Three



Snack

Nacho Potato Snacks

- 1 large potato
- 1/2 cup taco sauce
- 1 4-ounce can chopped green chilies or black olives
- 1 cup shredded cheddar cheese

Scrub potato and pat dry. Slice into about 20 slices (about 1/8-inch thick). Arrange slices in a single layer in a greased 15x10x1-inch baking pan. Top each potato slice with some of the taco sauce, some of the chilies (or olives) and some of the cheese. Bake at 350 degrees for 25 minutes or till potato slices are tender. Serve warm.



Be Active

- Bundle up and take a walk to the Public Library and look for some books on Spring flowers.
- Take a walk in the school hallway while waiting for children to finish an event
- Organizing a walking staff meeting at work

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/.