

Pick a better snack & Act



This week Week Four



Snack

Crockpot Carmel Apples

2 packages Caramels, 14oz each
1/4 cup water
8 medium apples

In crockpot, combine caramels and water. Cover and cook on high for 1 to 1 1/2 hours, stirring frequently. Wash and dry apples. Insert stick into stem end of each apple. Turn control on low. Dip apple into hot caramel and turn to coat entire surface. Holding apple above pot, scrape off excess accumulation of caramel from bottom apple. Place on greased wax paper to cool. Yield: 8 servings



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/.