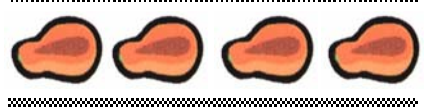


Pick a better snack & Act



This week Week One



Snack

Mellow Mango Pops

- 1/2 cup evaporated milk
- 3/4 cup water
- 1/4 cup frozen pineapple-orange juice concentrate
- 2 cups chopped mangos

In blender, puree mangos until smooth. Add evaporated milk, water and juice concentrate. Blend until well mixed. Pour into freezer molds or paper cups. Seal and freeze until firm. Unmold and serve immediately.



Be Active

- Set a family New Year's Resolution to look for ways to 'JUST MOVE'.
- After taking the Christmas tree to the curb for recycling, walk around the block.
- Take a walk in the Des Moines Botanical Center's new 'Breath of Spring' display beginning January 4.

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/.