

Pick a better snack & Act



This week Week Three



Snack

BELL PEPPER NACHOS

- 3 bell peppers (green, red or yellow), seeded and cut into 6 strips each
- 1 cup salsa
- 2 Tablespoons ripe olives, sliced
- 4 Tablespoons mozzarella cheese, shredded

Cut bell pepper strips crosswise into half. Place on ungreased broiler-proof baking dish. Top with salsa, olives, and cheese. Broil in oven 3 to 4 inches from heat for 3 minutes or until cheese melts. Serves 6.



Be Active

- Rent cross country skis and explore a local park
- With a friend or parent make a snow angel in new snow fall
- Find the longest hallway at work/school, measure and calculate miles for a good indoor walk.

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/.