

# Pick a better snack & Act



## This week Week Five



### Snack

#### Wiggle Finger Wonderfuls

3 packages unflavored gelatin  
 $\frac{3}{4}$  cup pineapple juice  
1 cup boiling water  
1 cup orange juice

Soften gelatin in a little pineapple juice. Add boiling water slowly, stirring constantly until gelatin is dissolved. Add remaining juices. Pour into 9 X 12 inch pan. Chill until set. Cut into finger lengths. Store in covered container in refrigerator. Makes 72 pieces. Can use with canned or fresh pineapple to make a fruit/gelatin kabob by sliding alternately onto a toothpick.



### Be Active

- Sign up to play in the Skywalk Golf tournament on February 2.
- Begin planning your spring garden and look forward to a good garden stretch
- Beat the winter 'blues' and rearranging the furniture in one room. Bend at the knees.

### 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/](http://www.extension.iastate.edu/food/).