

Pick a better snack & Act



This week Week Two



Snack

Cantaloupe Soup Cooler

- 1 med. cantaloupe
- 1 ½ c. orange juice
- ¼ t. salt
- ¼ t. ginger; ground
- 1 T. lime juice
- 1 can Sweetened Condensed Milk

Cut the cantaloupe in half and remove the seeds, peel and slice into wedges. Chop wedges in to pieces that will fit a food processor or blender. Add all of the ingredients, including the cantaloupe, and puree until very smooth. Refrigerate for several hours to blend the flavors. (As this soup can separate very easily, be sure to stir just before serving.) Serve cold with a garnish of fresh mint or lime slices. 8 servings.



Be Active

- The first moon landing in 1969 happened in July. Take a moon light walk and share where you were when man first walked on the moon.
- Enjoy a game of miniature golf with friends.

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/.