

# Pick a better snack & Act



## This week Week Three



### Snack

#### Watermelon Slush

- 4 c. peeled, seeded, cubed watermelon
- ½ c. lemonade
- 1 T. lime juice
- 1 T. sugar

Freeze watermelon in a freezer bag for about 6 hours. Combine frozen watermelon and the rest of the ingredients. Process mixture in a blender or food processor 'til smooth; stopping once to scrape down the sides. Pour into glasses. Yield 4 cups.



### Be Active

- Summer is halfway over. If you haven't used up a bottle of sunscreen by now, you are not being careful or you need to spend more time outside being active.
- Escape the summer heat and reorganize the coolest room in the house—the basement. House cleaning exercise is good.

### 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/).