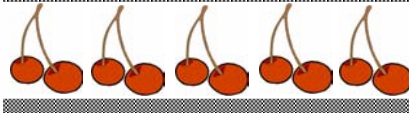


# Pick a better snack & Act



## This week Week Five



### Snack

#### Cherries and Cashews

1 cup dried tart cherries  
1 cup cashews (whole or pieces)

Combine cherries and cashews. Store in a tightly covered container.

Makes 2 cups. Keep the supplies for this snack on hand it's an instant party appetizer or hiking snack.



### Be Active

- Challenge a child to see who can use the hula-hoop the longest
- Start a walking club at work. Encourage co-workers to join when ever they can fit it in-breaks, lunch, before and after work.

### 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/).