

Pick a better snack & Act



This week Week One



Snack

POTATO & GREEN BEAN SALAD

Salad

1 lb. green beans, cut and steamed
4 large potatoes, diced and boiled
2 scallions

Dressing

2 Tablespoons oil
2 Tablespoons vinegar
1 clove garlic, minced
1 small onion, chopped
Pepper, as desired

Place the beans, potatoes and scallions in a medium bowl. Combine all of the dressing ingredients in a jar or zipper-sealed plastic bag and shake. Pour dressing over salad. Toss gently to mix the ingredients well. Cover the salad and refrigerate for several hours or overnight. Serves 6.



Be Active

- June 5 is World Environment Day. Do your part to protect the environment by walking or biking to work.
- Celebrate June WWII D-Day this week with a walk to a local monument celebrating our freedom.
- Beginning June 10 is National Men's Health Week. Invite all the men in your family/life to a volley ball game for their health.

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/.