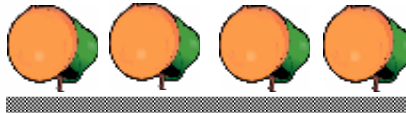


# Pick a better snack & Act



## This week Week Two



### Snack

#### PEACH COBLER

- 4 very ripe peaches, peeled and sliced (or frozen, or canned peaches)
- 2 T. sugar
- 1 ½ c. all-purpose flour
- ½ c. sugar
- 2 t. baking powder
- 1 ½ T. margarine or butter
- ½ c. low fat milk

Toss the 4 Tablespoons sugar with the peaches; place in a 1 ½ quart oven- proof dish. Make dough by placing flour, sugar and baking powder in a bowl; add the margarine and milk; stir until well mixed. Place the dish with peaches into the oven. Heat until warm and the sugar starts to melt. Drop the dough on top by spoonfuls. Bake in oven for about 35 minutes or until the fruit begins to bubble and the topping is slightly brown. Let it cool slightly before servings. Serves 4



### Be Active

- Think of a Father's Day present that will encourage your Father or Grandfather to be more physically active.
- Stretch those arms and legs to reach the top of the car/van when you have a home car wash.
- Try inline skating with a friend and make sure to wear the right protective gear.

### 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/).