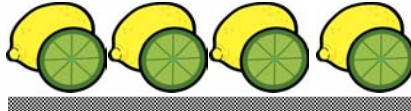


Pick a better snack & Act



This week Week Four



Snack

TANGY LIMEADE

- $\frac{3}{4}$ cup (6 ounces) frozen pineapple juice concentrate
- 1 lime
- $\frac{1}{2}$ c. lime juice, bottled or fresh
- 1 $\frac{1}{2}$ cups water
- 1 $\frac{1}{2}$ cups seltzer water

Slice the tips off of the lime. Cut the lime into five circular slices. Cut each slice once from the center of the lime out to the rind (pinwheel cut) and set aside. Stir the pineapple juice concentrate, lime juice, water, and seltzer in a pitcher until the frozen juice dissolves. Pour the beverage into glasses over ice. Place a lime slice on each drink by sliding the pinwheel cut over the edge of the glass. Serves 5



Be Active

- Don't just watch the World Soccer Final on Sunday (June 30). Organize a neighborhood soccer game before you all sit down and cheer on the winners.
- Create a colorful hopscotch pattern in the driveway with sidewalk chalk. Challenge all adults and children in the family to join in the jumping.
- Encourage employees to stretch one minute before starting work. Announce a one minute stretch on the PA.

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/.