

Pick a better snack & Act



This week Week One



Snack

Cottage Cheese Dip and Cauliflower

1/2 pkg. onion or vegetable soup mix
1/3 cup milk
1 pint cottage cheese
1 head cauliflower cut up

Mix all ingredients except cauliflower and refrigerate for thirty minutes. Sprinkle with paprika.



Be Active

- March 7 is International Women's Day. Invite all the women in your family for a walk in the celebration of the day.
- Use a bench or steps for step-aerobic workout.
- Stop every hour or two to walk and stretch.

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/.