

Pick a better snack & Act



This week Week One



Snack

Strawberries in a Cloud

2 egg whites
½ cup sugar
Dash of Cinnamon
2 c. strawberries, cleaned & halved

Preheat oven to 375 degrees. Whip egg whites until frothy. Gradually add sugar while beating. When stiff fold in cinnamon. Drop on greased cookie sheet in four mounds. Form into clouds with dip in middle. Put in oven. Immediately turn heat off, and do not open the oven door for at least 1 ½ hours. Top with strawberries. Makes 4 servings.



Be Active

- In honor of Kentucky Derby this weekend, find a local horse stable and take a ride on the trails.
- Cinco de Mayo parties are more than just food and drink. Make sure to include some dancing.
- National Teacher Day is May 7 and a perfect time to invite your teacher to play games on the playground.

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/.