

Pick a better snack & Act



This week Week Three



Snack

Go Anywhere Rhubarb Squares

Crust

1 cup flour
1/3 cup powdered sugar
1/3 cup margarine

Filling

1 cup sugar
1/4 cup flour
2 eggs, lightly beaten
1 teaspoon vanilla
3 c. finely chopped fresh or frozen
rhubarb

Combine flour and powdered sugar; cut in margarine as a pie crust. Press in bottom of greased 11 X 7 baking pan. Bake at 350 degrees for 12 minutes. For filling, combine first four ingredients. Stir in rhubarb; pour over warm crust. Bake at 350 degrees for 35-40 minutes. Can be served warm. Store in refrigerator.



Be Active

- Look for swim classes for the family members who need to learn.
- It is safe to plant your annuals in the yard so and get some physical activity while you garden.

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/.