

Pick a better snack & Act



This week Week Five



Snack

Chocolate Covered Strawberries

2 pints Fresh Strawberries
12 oz. Chocolate Chips
Waxed paper

Wash strawberries, leaving greens on, and dry thoroughly. Melt chocolate chips in microwave by putting in microwave for 1½ minutes. Stir and cook for 30 seconds at a time, stirring after each time, until chocolate is melted. You can decrease time as chocolate gets close. Do not overcook chocolate or it becomes brittle and scorched.

Lay out plenty of waxed paper. Holding each strawberry by the green, dip strawberries into the chocolate a little more than halfway. Let cool on waxed paper. If the chocolate doesn't harden, place on waxed paper lined cookie sheets in your refrigerator.



Be Active

- Pack a picnic lunch for Memorial Day and walk/or bike to the closest park.
- Make sure to set up the yard games for everyone to play during the Memorial Day picnic.

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/.