

Pick a better snack & Act



This week Week One



Snack

Veggie Stuffed Tomatoes

- 1 10 oz. pkg. frozen peas w/carrots
- ½ t. dried dill (optional)
- 2 t. ranch salad dressing
- 4 lg. Ripe tomatoes
- 2 t. parmesan cheese

Rinse frozen vegetables in a colander under cold water. Mix together salad dressing and vegetables. Cut tops off tomatoes and hollow out centers. Fill tomatoes with vegetable mixture. Sprinkle with dill and cheese. Refrigerate 1 hour before serving.



Be Active

- Cut firewood for a bond fire or your fire place
- Plan a tree leaf scavenger hunt at your favorite state park
- Offer to help coach or play some fall sports to stay in the game
- It's a great time for a canoe trip

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/.