

Pick a better snack & Act



## This week Week Four



### Snack

#### Homemade Salsa

- 1 c. fresh tomatoes, diced
- ½ c. corn, fresh or frozen
- ½ c. onion, diced
- 1 T. chopped jalapeno peppers (optional) or
- ½ c. chopped green or red bell peppers
- 2 T. lime juice
- 2 cloves fresh garlic, finely diced

Combine all ingredients. Chill & serve. Serving Suggestion: Use as filler in wrap ups or as a dip with bread sticks, homemade tortilla chips, or fresh vegetables.

*Source: Food, Family and Fun: A seasonal Guide to Healthy Eating, 1996, published by the United States Department of Agriculture.*



### Be Active

- Romp like a child in the pile of leaves you rake in your yard
- Sweep the sidewalk and driveway for some fall clean up
- Pick apples at the local orchard
- Walk to the local Friday night football game

### 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/](http://www.extension.iastate.edu/food/).