

PICK A BETTER SNACK & ACT

April

Week One-Artichoke

CREAMY THAI DIP

- 1/4 cup creamy peanut butter
- 1/4 cup firmly packed brown sugar
- 2 Tablespoons cider vinegar
- 2 Tablespoons soy sauce
- 1 teaspoons sesame oil
- 1/8 teaspoon ground ginger



Combine all ingredients; mix well. Makes 3/4 cup. Use dip with artichokes. Learn to cook and cut by visiting <http://www.artichokes.org/>

WEEK ONE ACTIVITIES



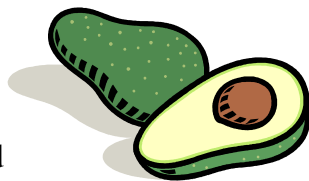
- Daylight Savings Time begins on Saturday. Spring ahead on your clock and take a spring ahead walk through your neighborhood.
- Even if the weather doesn't warm up, be sure to warm up your muscles by stretching before your physical activity sessions.
- Walk to a co-worker's desk rather than using e-mail. Your body will appreciate the activity.

Week Two-Avocado

CALIFORNIA AVOCADO WRAP UP

- 4 flour tortillas
- 2 slices ripe California avocado, mashed
- 4 deli slices turkey breast
- 2 teaspoons prepared barbecue sauce, divided
- 4 thin slices cheese, divided
- 1 cup carrots, peeled and coarsely shredded

Place two teaspoons mashed avocado on tortilla, spreading to within 1 inch of tortilla edge. Place 1 slice of turkey breast over mashed avocado. Top with cheese and spread on 1/2 teaspoon barbecue sauce. Sprinkle one-quarter of the carrots over the sauce. Roll up tightly. Place seam side down on plate. Using serrated knife, slice in half. Makes 4 servings.



WEEK TWO ACTIVITIES

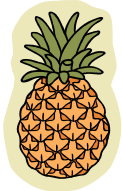
- Time to get furniture out on the porch. Stretch and bend while you clean the furniture and make any needed repairs.
- Gardening is a great physical activity. Check and clean up the garden beds to be ready for a summer of activity.
- Make chores YOUR chance to be active.



Week Three-Pineapple

PINEAPPLE-BANANA YOGURT POPS

- 2 cups plain yogurt
- 2/3 cup crushed pineapple
- 1/2 cup mashed banana
- 1 teaspoon lemon juice
- 6 Tablespoons honey or sugar



Blend yogurt, pineapple, banana, lemon juice, and honey or sugar. Pour into 3 ounce waxed paper cups or muffin tins with paper muffin liners. Insert wooden sticks and freeze until firm. Makes 9 pops.

WEEK THREE ACTIVITIES



- National Turn Off the TV week begins Sunday. Take this time to plan activities and games with your family outside.
- Earth day is April 22. Support the Earth's environment by declaring a car-free day for the family.
- Take a night walk and look for Mercury, Venus, Mars, Saturn, and Jupiter as they line up in the sky for the next few weeks.

For snack and activity ideas for the other 11 months of the year go to:

www.extension.iastate.edu/food/

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Pick a better snack

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Week Four-Grape Tomato

GRAPE TOMATO PICNIC PLEASERS

- 1 pint grape tomatoes
- Ice water
- 1/2 cup sliced green onions
- 1/4 cup commercial lemon pepper marinade



In large pan of rapidly boiling water, carefully immerse tomatoes 15 seconds. Remove with slotted spoon and immediately submerge in ice water. Peel off and discard skins and stems. In large resealable food storage bag, place tomatoes. Add green onions and lemon pepper marinade; seal bag. Marinate in refrigerator at least 30 minutes.

WEEK FOUR ACTIVITIES

- On Arbor Day get your physical activity by planting a tree or shrub.
- School is out soon. Research summer recreation programs that include physical activity.
- April 24 is Take Your Child to Work day. Demonstrate to your child how you plan physical activity into your work day.



Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.



Week Five-Strawberry

STRAWBERRIES IN A CLOUD

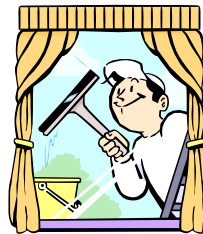
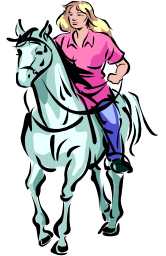
- 2 egg whites
- 1/2 cup sugar
- Dash of Cinnamon
- 2 cups of strawberries, cleaned and halved



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 cloud with dip in middle. Put in oven. Immediately turn heat off, and do not open the oven door for at least 1 1/2 hours. Top with strawberries. Makes 4 servings.

WEEK ONE ACTIVITIES

- In honor of Stress Awareness Month, keep a tennis ball on your desk. Squeeze it every hour to reduce your stress.
- Find a local horse stable and take a ride on the trails.
- Wash the windows on the outside of the house. Enjoy the fresh air.



Fruits and vegetables are:

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable*

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*The Food Stamp Program provides nutrition assistance to people with low-income. It can help you buy nutritious foods for a better diet.
To find out more about food stamps, contact the local Iowa Department of Human Services office serving the county where you live,
or call toll-free at 1-800-972-2017*

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