

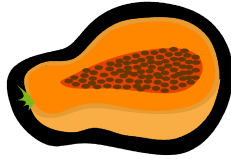
# PICK A BETTER SNACK & ACT

August

## Week One-Papaya

### PAPAYA BOATS

- 2 ripe papayas
- 1 can (11 ounce) mandarin oranges, drained
- 1 small ripe banana, sliced
- 1 kiwi, peeled and sliced
- 1 cup strawberries
- 1 cup vanilla yogurt
- 2 Tablespoons honey
- 2 Tablespoons fresh mint



Cut papayas in half lengthwise; scoop out seeds. Place oranges, banana, kiwi and berries in each papaya half. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving. Makes 4 servings.

### WEEK ONE ACTIVITIES

- Go to the Iowa State Fair for a day of outdoor fun and physical activity.
- Plan one last weekend get away for you and your family this summer with a focus on physical activity.
- Take a few extra trips or laps around the store as you shop for 'back to school' supplies.



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

## Week Two-Raspberries

### FRESH RASPBERRY CRISP

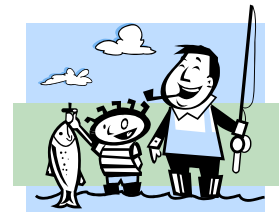
- 1 quart raspberries
- 1/3 cup sugar
- 1/4 cup margarine, softened
- 1/3 cup flour
- 1/3 cup brown sugar
- 3/4 cup rolled oats



Preheat oven to 350. Place fruit in the bottom of a 9-inch square baking pan and sprinkle sugar over fruit. In a medium bowl blend together the margarine, flour, brown sugar and oats, until it resembles a coarse meal. Sprinkle over the fruit. Bake for 30 minutes or until lightly browned. Serve hot.

### WEEK TWO ACTIVITIES

- National Aviation Day is Sunday, August 17. Go fly a kite in the park to celebrate.
- Organize a "walking school bus" in your neighborhood. Invite children along your walk to join you and your children as you walk to school.
- Go dig worms and have an end of summer fishing trip.



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

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

IOWA STATE UNIVERSITY  
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**Helping you become your best.**

Pick a **better** snack  
  
**TEAM NUTRITION**  **IOWA™**

## ***Week Three-Honeydew Melon***

### ***HONEYDEW SUMMER SALAD WEDGES***

- 1 honeydew melon
- 1 3-oz. pkg. lemon flavor gelatin
- 1/2 cup boiling water
- 1/2 cup ice water
- Ice cubes
- 1 cup whole strawberries, hulled



Cut melon in half; scoop out seeds. Pat the inside of the melon dry using paper towels. Dissolve gelatin in boiling water. Combine ice water and ice cubes to make one cup. Add to gelatin and stir until slightly thickened. Remove any un-melted ice. Place each melon half in a small bowl to hold straight and firm. Place half of strawberries in each melon half. Pour gelatin mixture over berries. Cover with plastic wrap and chill until firm, about 3 hours. To serve, cut into wedges. Serves 8.

### ***WEEK THREE ACTIVITIES***



- Check the sport shoes for everyone in the family. Shoes may look great but need to be replaced after 6 months use for best support. Then go for a walk through a shady park.

- Play a game of water-balloon toss.
- Walk through the Farmer's Market and buy lots of fresh produce.



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## ***Week Four-Nectarines***

### ***CREAM OF NECTARINE SOUP***

- 6 medium sized nectarines
- 3 cups boiling water
- 3/4 cup cold water
- 12 teaspoons honey
- 1 Tablespoon fresh lemon juice
- 1/2 cup plain nonfat yogurt
- 1/4 teaspoon cinnamon
- 1/2 teaspoon fresh nutmeg
- 1/2 teaspoon vanilla extract



Put nectarines into the boiling water and cook for 2-3 minutes. Set in bowl of cold water to loosen skin. Chop into small pieces. In blender combine nectarines (reserve 1/2 cup) with cold water, honey, lemon juice, yogurt spices and vanilla. Puree till smooth and pour into pitcher or bowl. Add reserved chopped nectarines. Chill at least 2 hours.

Makes 4 servings.

### ***WEEK FOUR ACTIVITIES***

- Labor Day is next week. Plan a swim party at the local pool before closing days.
- Play catch or Frisbee over a sprinkler.



- Make low-fat homemade ice cream. Use a hand crank machine, a can or bag. Turn the crank, kick the can, or shake the bag to work up an appetite.

*Fruits and vegetables are:*

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

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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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#### ***and justice for all***

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