

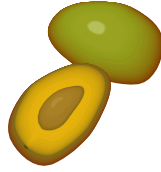
PICK A BETTER SNACK & ACT

January

Week One-Mango

MELLOW MANGO POPS

- 2 cups chopped mangos
- 1/2 cup evaporated milk
- 3/4 cup water
- 1/4 cup frozen pineapple-orange juice concentrate



In a blender, puree mangos until smooth. Add evaporated milk, water and juice concentrate. Blend until well mixed. Pour into freezer molds or paper cups. Seal and freeze until firm. Unmold and serve immediately.

WEEK ONE ACTIVITIES

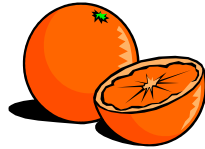
- Set a family New Year's Resolution to look for ways to 'JUST MOVE'.
- After taking the Christmas tree to the curb for recycling, walk around the block.
- Take a walk in the neighborhood and count the number of snowmen you see.



Week Two-Orange

ORANGE FROST

- 1/2 cup orange juice
- 1/2 banana, frozen
- 1 Tablespoon non-fat milk powder
- Dash cinnamon or nutmeg
- 2 ice cubes



Place all ingredients into a blender and blend until creamy. Serve in 2 chilled glasses.

WEEK TWO ACTIVITIES

- Try to get an extra 200 steps each day this week on your pedometer.
- Shoveling your walk with a small shovel will be good for your heart and back.
- While cheering your favorite team to victory, take a walk or run the stairs during the commercials or at half time.



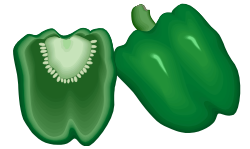
Week Three-Green Pepper

BELL PEPPER NACHOS

- 3 bell peppers, seeded and cut into 6 strips each
- Note: you may use green, red or yellow

- 1 cup salsa
- 2 Tablespoons ripe olives, sliced
- 4 Tablespoons mozzarella cheese, shredded

Cut bell pepper strips crosswise into halves. Place on ungreased broiler-proof baking dish. Top with salsa, olives, and cheese. Broil in oven 3 to 4 inches from heat for 3 minutes or until cheese melts. Serves 6.



WEEK THREE ACTIVITIES

- Rent cross country skis and explore a local park.
- With a friend or parent make a snow angel in new fallen snow.
- Find the longest hallway at work/school, measure and calculate miles for a good indoor walk.



HAPPY NEW YEAR

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

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 Four-Cucumber

CUCUMBERS IN HERB YOGURT

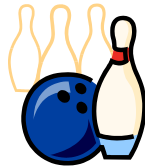
1 large cucumber; thinly sliced
Boiling water
2 cups lowfat yogurt
3 Tablespoons minced basil
2 Tablespoons minced mint
1 Tablespoon minced green onion
1 clove minced garlic
1/4 teaspoon pepper



Pour water over cucumbers; drain and dry. Combine all ingredients and chill up to 24 hours. Fresh herbs make this especially tasty. Makes 8 servings.

WEEK FOUR ACTIVITIES

- Join a community education dance class with a partner.
- Plan a family bowling night and invite the neighbors.
- Plan to serve plenty of fruit and vegetable snacks during your Super Bowl Party **and** hide the remote control for the TV. It will force you to move during the game.



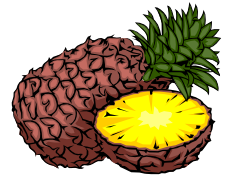
Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.



Week Five-Pineapple

WIGGLE FINGER WONDERFULS

3 packages unflavored gelatin
3/4 cup pineapple juice
1 cup boiling water
1 cup orange juice

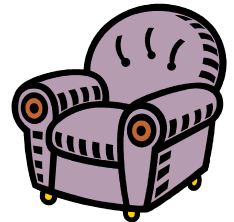


Soften gelatin in a little pineapple juice. Add boiling water slowly, stirring constantly until gelatin is dissolved. Add remaining juices. Pour into 9 X 13 inch pan. Chill until set. Cut into finger lengths. Store in covered container in refrigerator. Makes 72 pieces.

Serving Suggestion: Alternate cubes of “Wiggle Finger Wonderfuls” with pieces of canned or fresh pineapple on a wooden toothpick to make fruit/gelatin kabobs.

WEEK FIVE ACTIVITIES

- Begin planning your spring garden and look forward to a good garden stretch
- Beat the winter ‘blues’ by rearranging the furniture in one room. Bend at the knees.
- Surf the web for a personal fitness adviser to help you set activity goals.



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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