

PICK A BETTER SNACK & ACT

July

Week One-Sweet Corn


GARLICKY CORN ON THE COB

- 1 teaspoon lemon zest
- 2 Tablespoons soy sauce
- 4 Tablespoons olive oil
- 1 garlic clove, minced
- Pepper to taste
- 6 ears corn, husked



Combine all, marinate overnight, wrap in foil, and grill 30 minutes. Serves 6.

WEEK ONE ACTIVITIES

- Join the 4th of July festivities in your neighborhood parade. Walk in the parade as a family or walk to the parade and cheer the group on. 
- Wimbledon Tennis Tournament ends this weekend. Find a friend to play a match at your local courts.

Week Two-Cantaloupe

CANTALOUPE SOUP COOLER

- 1 medium cantaloupe
- 1 1/2 cup orange juice
- 1/4 teaspoon ginger; ground
- 1/4 teaspoon lime juice
- 1 can sweetened condensed milk



Cut the cantaloupe in half and remove the seeds, peel and slice into wedges. Chop wedges in to pieces that will fit a food processor or blender. Add all of the ingredients, including the cantaloupe, and puree until smooth. Refrigerate for several hours to blend the flavors. (As this soup can separate very easily, be sure to stir just before serving.) Serve cold with a garnish of fresh mint or lime slices. Serve 8.

WEEK TWO ACTIVITIES

- The first moon landing in 1969 happened in July. Take a moon light walk and share where you were when man first walked on the moon.
- Enjoy a game of miniature golf with friends.

Week Three-Watermelon


WATERMELON SLUSH

- 4 cups peeled, seeded, cubed watermelon
- 1/2 cup lemonade
- 1 Tablespoon lime juice
- 1 Tablespoon sugar



Freeze watermelon in a freezer bag for about 6 hours. Combine frozen watermelon and the rest of the ingredients. Process mixture in a blender or food processor until it is smooth; stopping once to scrape down the sides. Pour into glasses. Yield 4 cups.

WEEK THREE ACTIVITIES

- Summer is halfway over. If you haven't used up a bottle of sunscreen by now, you are not being careful or you need to spend more time outside being active.
- Escape the summer heat and reorganize the coolest room in the house-the basement. House cleaning exercise is good. 

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-Blueberry

BLUEBERRY GEMS

- 1 1/2 cups flour
- 1/4 cup sugar
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 egg whites
- 2/3 cup orange juice
- 2 Tablespoons cooking oil
- 1 teaspoon vanilla
- 1 cup fresh blueberries



Spray 36 small muffin cups with nonstick cooking spray. Stir together first four items. In second bowl mix together remaining items except berries. Add second mixture to first and stir to just moist. Fold berries in and spoon in cups, 1/2 full. Bake at 400 degrees about 7 minutes. Remove from pan and cool slightly. Serve.

WEEK FOUR ACTIVITIES

- Use a local park Frisbee course to play a round of Frisbee golf.
- Develop an outside walking map from your place of work and share with co-workers. Make sure to include distance and time to complete the course



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

Week Five-Cherry

CHERRIES AND CASHEWS

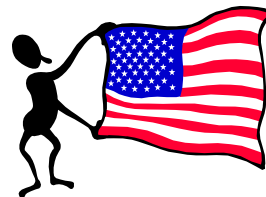
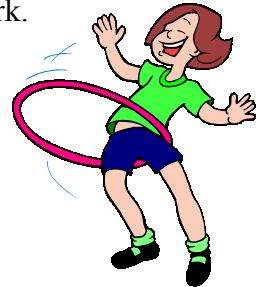
- 1 cup dried tart cherries
- 1 cup cashews (whole or pieces)

Combine cherries and cashews. Store in a tightly covered container. Makes 2 cups. Keep the supplies for this snack on hand it's an instant party appetizer or hiking snack.



WEEK FIVE ACTIVITIES

- Challenge a child to see who can use the hula-hoop the longest.
- Start a walking club at work. Encourage co-workers to join when ever they can fit it in-breaks, lunch, before and after work.



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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