

PICK A BETTER SNACK & ACT

June

Week One-Green Beans

POTATO & GREEN BEAN SALAD

Salad:

- 1 pound green beans, cut and steamed
- 4 large potatoes, diced and boiled
- 2 scallions

Dressing:

- 2 Tablespoons oil
- 2 Tablespoons vinegar
- 1 clove garlic, minced
- 1 small onion, chopped
- Pepper, as desired



Place the beans, potatoes and scallions in a medium bowl. Combine all of the dressing ingredients in a jar or zipper-sealed bag and shake. Pour dressing over salad. Toss gently to mix the ingredients well. Cover the salad and refrigerate for several hours or overnight. Serves 6.

WEEK ONE ACTIVITIES



- June 5 is World Environment Day. Do your part to protect the environment by walking or biking to work.

- Celebrate June WWII D-Day this week with a walk to a local monument celebrating our freedom.

- Summer time is a good time to hold manager-employee walking meetings when the meeting includes 2-3 people.



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

Week Two-Peaches

PEACH COBBLER

4 very ripe peaches, peeled and sliced

Note: You may use fresh, frozen or canned

- 2 Tablespoons sugar
- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1 1/2 Tablespoons margarine or butter
- 1/2 cup low fat milk

Toss the 4 tablespoons sugar with the peaches; place in a 1 1/2 quart ovenproof dish. Make dough by placing flour, sugar and baking powder in a bowl; add margarine and milk; stir until well mixed. Place the dish with peaches into the oven. Heat until warm and the sugar starts to melt. Drop the dough on top by spoonfuls. Bake in oven for about 35 minutes or until the fruit begins to bubble and the topping is slightly brown. Let it cool slightly before serving. Serves 4.



WEEK TWO ACTIVITIES

- Think of a Father's Day present that will encourage your father or grandfather to be more physically active.
- Stretch those arms and legs to reach the top of the car/van when you have a home car wash.
- Try in-line skating with a friend. Make sure to wear protective gear.



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

TEAM NUTRITION  **IOWA™**

Week Three-Apricot

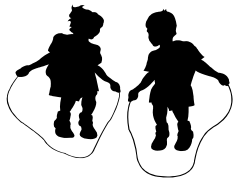
FRESH APRICOT DESSERT TOPPING

- 2 cups sliced fresh apricots (about 12)
- 1 Tablespoon granulated sugar
- 2 Tablespoons apricot nectar



Mix together apricots, sugar and nectar; set aside. Use as a topping on shortcake, low fat ice cream or low fat frozen yogurt. Makes 6 servings.

WEEK THREE ACTIVITIES



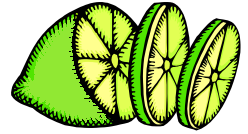
- Jumping rope can be family fun if you use two ropes and jump double-dutch.
- Plan a summer outdoor party and turn on the music to encourage dancing.
- Beginning June 15 is National Men's Health Week. Invite all the men in your family/life to a volleyball game for their health.



Week Four-Lemon/Lime

TANGY LIMEADE

- 3/4 cup (6 oz.) frozen pineapple juice concentrate
- 1 lime
- 1/2 cup lime juice, bottled or fresh
- 1 1/2 cups water
- 1 1/2 cups seltzer water



Slice the tips off of the lime. Cut the lime into five circular slices. Cut each slice once from the center of the lime out to the rind (pinwheel cut) and set aside. Stir the pineapple juice concentrate, lime juice, water and seltzer in a pitcher until the frozen juice dissolves. Pour the beverage into glasses over ice. Place a lime slice on each drink by sliding the pinwheel cut over the edge of the glass. Serves 5.

WEEK FOUR ACTIVITIES

- Don't just watch soccer. Organize a neighborhood soccer game and enjoy the workout.
- Create a colorful hopscotch pattern in the drive way with sidewalk chalk. Challenge all adults and children in the family to join in the jumping.
- Encourage employees to stretch one minute before starting work. Announce a one minute stretch on the PA.



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

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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