

PICK A BETTER SNACK & ACT

March

Week One-Cauliflower

COTTAGE CHEESE DIP AND CAULIFLOWER

- 1/2 package onion or vegetable soup mix
- 1/3 cup milk
- 1 pint cottage cheese
- 1 head cauliflower cut up

Mix all ingredients except cauliflower in a blender or food processor and refrigerate for thirty minutes. Sprinkle with paprika and use as a dip for cauliflower.



WEEK ONE ACTIVITIES

- March 8 is International Women's Day. Invite all the women in your family for a walk in the celebration of the day.
- Use a bench or steps for a step-aerobic workout.
- Stop every hour or two during the day to walk and stretch.



Week Two-Cabbage

CRISPY APPLE COLESLAW

- 2 cups cabbage, shredded
- 2 apples, cored and cut up
- 1 can crushed pineapple, drained
- 1/2 cup fat free mayonnaise



Mix cabbage, apples and pineapple with mayonnaise. Refrigerate at least 1 hour. Yield: 6 servings.

WEEK TWO ACTIVITIES

- Create your own River Dance for a family St. Patrick's party.
- Build an obstacle course in the basement or garage on a rainy or snowy day.
- Plan a 'walkie-talkie' (walk and talk) with a friend with preplanned topics.



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



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

www.extension.iastate.edu/food/

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

Pick a **better** snack

TEAM NUTRITION  **IOWA™**

Week Three-Raisin

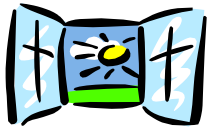
CARROT & RAISIN SUNSHINE SALAD

1 pound carrots (5 to 6) peeled and shredded
1/2 cup raisins
1 carton (8 ounces) low-fat vanilla yogurt
4 to 6 iceberg lettuce leaves

Mix all ingredients together, except lettuce leaves, in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving on lettuce leaves. Makes 4 to 6 servings



WEEK THREE ACTIVITIES



- March 20 is the first day of Spring. Weather permitting, open up the windows and let in the fresh air.
- Aerate your lawn by walking in grass with your golf shoes.
- Dance to three songs on the radio.



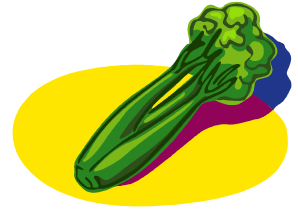
Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.

Week Four-Celery

PRACTICALLY PERFECT SPRING SALAD AND DRESSING

1/2 cup celery, diced
1 cup seedless grapes
1 can (15 ounces) small white beans, drained
Lemon Mustard Dressing (recipe below)
Lettuce leaves

Combine all ingredients with dressing except lettuce; mix well. Serve on lettuce leaves. Serves 4.



Lemon Mustard Dressing:

Combine 2 Tablespoons vegetable oil, 2 Tablespoons lemon juice, 1 Tablespoon Dijon-style mustard, and 1/4 teaspoon pepper; mix well. Makes 1/4 cup.

WEEK FOUR ACTIVITIES

- Plan an afternoon family walk after your Sunday brunch or dinner.
- Don't be fooled on April Fool's Day – it is still a good day for physical activity!
- Volunteer to help a neighbor get their yard ready for spring (rake, clean up).



Fruits and vegetables are:

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

***For more information contact Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County
Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;
Web Site: <http://www.extension.iastate.edu/food>***

*Printed with funds from the Iowa Nutrition Network and the Food Stamp Nutrition Education Program, United States Department of Agriculture.
These programs are Equal Opportunity Providers and Employers.*

*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*

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.