

PICK A BETTER SNACK & ACT

May

Week One-Asparagus

ROASTED ASPARAGUS

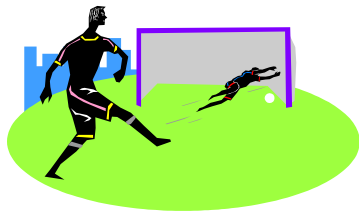
Toss asparagus spears in olive oil and minced garlic. Place on baking sheet in a single layer. Sprinkle with salt and pepper. Roast uncovered at 450 degrees, shaking pan once or twice to turn spears for 12 minutes. When done, spears should be crisp-tender. Drizzle with balsamic vinaigrette if desired.



WEEK ONE ACTIVITIES

Mother's Day

- Nothing would please Mother more on Mother's Day than to have the whole family take a walk in a park or the neighborhood.
- How long since you played tennis or volleyball? Try teaching one of the games to a child.
- National Teacher Day is May 7 and a perfect time to invite your teacher to play games on the playground.



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

Week Two-Rhubarb

GO ANYWHERE RHUBARB SQUARES

Crust:

- 1 cup flour
- 1/3 cup powdered sugar
- 1/3 cup margarine

Filling:

- 1 cup sugar
- 1/4 cup flour
- 2 eggs, lightly beaten
- 1 teaspoon vanilla
- 3 cups rhubarb, fresh or frozen, chopped



Crust: Combine flour and powdered sugar; cut in margarine (similar to pie crust). Press in bottom of greased 11x7 baking pan. Bake at 350 degrees for 12 minutes.

Filling: Combine first four ingredients. Stir in rhubarb; pour over warm crust. Bake at 350 degrees for 35-40 minutes. May be served warm. Store in refrigerator.

WEEK TWO ACTIVITIES



- Look for swim classes for the family members who need to learn.
- It is safe to plant your annuals in the yard so go and get some physical activity while you garden.
- It's Running and Fitness Week. Make sure to walk a minimum of 30 minutes 5 or more times this week.



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 Three-Spinach

SPINACH BITES

- 1 package frozen, chopped spinach-drained
- 1 cup flavored bread stuffing
- 1/2 onion
- 2 eggs, beaten
- 1/4 cup margarine, melted
- 1/4 cup parmesan cheese



Preheat oven to 375 degrees. Combine all ingredients. Form into bite-size balls. Place balls on greased cookie sheet. Bake for 20 minutes and serve. You may freeze uncooked balls. To prepare frozen spinach bites, place on cookie sheet. Defrost 20 minutes before baking. Bake and serve hot.

WEEK THREE ACTIVITIES



- Iowa is a Prairie State. Take a walk at the nearest county or state park and count how many different varieties of flowers you see.
- Start the summer season right at work by taking a lunch time walk. Even 10 minutes can benefit.
- May 21st is National Bike to Work Day. Put on that bike helmet and ride.



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Week Four-Strawberry

CHOCOLATE COVERED STRAWBERRIES

- 2 pints fresh strawberries
- 12 oz. chocolate chips
- Waxed paper



Wash strawberries, leaving greens on, and dry thoroughly. Melt chocolate chips in microwave by putting in microwave for 1 ½ minutes. Stir and cook for 30 seconds at a time, stirring after each time, until chocolate is melted. Do not overcook chocolate or it becomes brittle and scorched. Lay out plenty of waxed paper. Holding each strawberry by the green, dip strawberries into the chocolate a little more than halfway. Let cool on waxed paper. If the chocolate doesn't harden, place on waxed paper lined cookie sheets in your refrigerator.

WEEK FOUR ACTIVITIES



- Pack a picnic lunch for Memorial Day and walk or bike to the closest park.
- Make sure to set up the yard games for everyone to play during the Memorial Day picnic.
- Celebrate "Senior Health and Fitness Day" this week by talking your favorite senior citizen golfing.



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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