

PICK A BETTER SNACK & ACT

November

Week One-Pumpkin

PUMPKIN CUSTARD

- 1 1/2 cups canned pumpkin
- 1/4 cup apple juice
- 3 egg whites, slightly beaten
- 1 can (12 ounces) evaporated skim milk, scalded
- 1 Tablespoon pumpkin pie spice
- 1/4 cup brown sugar



Stir all ingredients thoroughly in a mixing bowl. Pour mixture into 1 1/2-quart soufflé dish or 9-inch glass pie plate, sprayed with nonstick cooking spray. Sprinkle with brown sugar. Bake at 400°F for 35 to 45 minutes or until knife inserted near center comes out clean. Makes 6 servings.

WEEK ONE ACTIVITIES

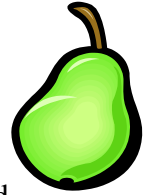
- Plan a day without a car and walk to errands or work.
- Clean the top kitchen cabinets for a great upper body stretch.
- Use a book for posture--sit and stand 5 times with a book on your head.



Week Two-Pear

MICROWAVE MAPLE-FILLED PEARS

- 1/4 cup raisins or dried cranberries
- 1/4 cup chopped nuts
- 1/4 cup maple-flavored syrup
- 1/4 teaspoon lemon peel
- 1/4 teaspoon ground cinnamon
- 3 large pears, peeled, halved and cored



Combine raisins, nuts, syrup, lemon peel and cinnamon; set aside. Arrange pears, cut-side down, in microwave-safe baking dish. Cover with plastic wrap. Microwave on high for 5 minutes. Turn pears over and spoon maple mixture into the center of each pear. Microwave covered, on high for 3 to 4 minutes longer or until pears are tender. Serves 6.

WEEK TWO ACTIVITIES

- Walk in place or on a treadmill during your favorite TV show.
- Take the family bowling.
- Bowl a silly game--each frame in a different position.
- Think of your home steps as a step machine and step for 10 minutes.



Fruits and vegetables are:

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

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 Three-Sweet Potato

SWEET POTATO-OVEN FRIED AND COINS

Fries: Cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375°F for 20 minutes.

Sprinkle with a purchased seasoning mix and lemon juice if desired.



Coins: Make sweet potato coins by slicing sweet potatoes 1/2 inch thick, spraying with cooking spray and coating with cinnamon and sugar. Bake the same as fries above.

WEEK THREE ACTIVITIES

- Plan a walk between dinner and dessert on Thanksgiving.
- Organize the children at Thanksgiving to play TWISTER.
- Walk two laps around the mall before starting your after Thanksgiving shopping.



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

Week Four-Cranberry

WINTER CRISP

Filling:

- 1/2 cup sugar
- 3 Tablespoons all-purpose flour
- 1 teaspoon grated lemon peel
- 5 cups unpeeled, sliced apples
- 1 cup raw cranberries



Combine sugar, flour, and lemon peel in a medium bowl and mix well. Stir in apples and cranberries. Spoon into a 6-cup baking dish. Prepare topping.

Topping:

- 2/3 cup rolled oats
- 1/3 cup packed brown sugar
- 1/4 cup whole wheat flour
- 2 teaspoons ground cinnamon
- 3 Tablespoons soft margarine, melted



Combine oats, brown sugar, flour and cinnamon in a small bowl. Stir in melted margarine. Sprinkle topping over filling. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Makes 6 servings.

WEEK FOUR ACTIVITIES

- Invent resistance exercises with weight and bungee cord.
- Walk to the mail box to send your holiday greeting cards.
- Find the snow shovel and practice knee bends to save your back.



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*Printed with funds from the Iowa Nutrition Network and the Food Stamp Nutrition Education Program, United States Department of Agriculture.
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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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and justice for all

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