

PICK A BETTER SNACK & ACT

September

Week One-Plum

PLUM-BERRY COBBLER

3 cups fresh plums, peeled and sliced
1 pint fresh blueberries, washed and drained
1 Tablespoon sugar
2 teaspoons lemon juice
1 teaspoon freshly grated lemon rind
1/2 teaspoon vanilla

4 macaroon cookies
1/3 cup flour
1/4 cup brown sugar
1/2 teaspoon ground cinnamon
pinch ground nutmeg
2 1/2 Tablespoons butter



Preheat the oven to 350°F. Lightly spray with nonstick spray a 10-inch round baking dish. In a medium bowl, combine the plums and the blueberries with the sugar, lemon juice, lemon rind, and vanilla. Pour into the prepared dish. In a food processor, combine the cookies, flour, brown sugar, cinnamon, and nutmeg for a minute to combine. Add the butter and pulse until crumbly. Sprinkle the topping over the fruit and bake for 30 to 35 minutes, or until lightly browned. Serve warm with frozen yogurt and orange slices. Serves 6 to 8.

WEEK ONE ACTIVITIES

- Sunday is Grandparent's Day. Talk with Grandparents about the physical activities they liked to do when they were young while taking a walk around the block.
- Lead an 'Avoid the Elevator' campaign at work. Taking the stairs is great exercise. Make sure the stairwell is well lit and safe.



Week Two-Zucchini

OVEN FRIED VEGETABLE STICKS

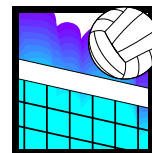
1/2 cup seasoned bread crumbs
2 Tablespoons grated parmesan cheese
1/4 teaspoon garlic powder
3 medium zucchini
1/2 cup milk or water
1 cup spaghetti sauce or low fat ranch dressing



Preheat oven to 450 degrees. Spray baking sheet with nonstick spray. Place crumbs, cheese and seasoning into plastic bag; shake to combine. Cut zucchini into sticks. Fill shallow bowl with milk. Dip sticks into milk and shake in crumbs to coat. Bake on sheet 10-15 minutes or until brown. Serve with spaghetti sauce or dressing.

WEEK TWO ACTIVITIES

- Discuss with management at work sponsoring an adult volley ball team. Maybe the 'boss' would be the coach. Enroll in a community volleyball league.
- Encourage young children to act out a story you read to them.



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

www.extension.iastate.edu/food/

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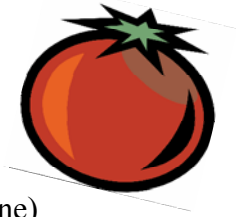
Pick a better snack

TEAM NUTRITION  IOWA™

Week Three-Tomato

FIRE AND ICE TOMATOES

- 6 large tomatoes
- 1 large green bell pepper, cut in strips
- 1 red onion—sliced in rings
- ¾ cup vinegar
- ½ teaspoons celery salt
- ½ teaspoon black pepper
- 4 teaspoons sugar
- 1 ½ teaspoons mustard seed
- 1/8 teaspoon red pepper -- (cayenne)
- ¼ cup cold water



Skin and quarter tomatoes. Place with green pepper and onion in a large bowl with tight-fitting lid. Place remaining ingredients in a saucepan and bring to boil. Immediately pour over vegetables. Chill, turning occasionally. Serve cold. Makes 2 quarts.

WEEK THREE ACTIVITIES

- Volunteer to create a company, church or school physical fitness bulletin board and make sure it is in a strategic area for all to view.
- Create a family video routine that you can use together in the winter time.



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

Week Four-Radish

OPEN-FACED RADISH SANDWICHES

- 4 bagels cut in half
- 8 ounces low-fat cream cheese
- 6 small globe radishes
- salt and freshly ground pepper



Spread bagels or bread slices with 1/4 inch cream cheese. Slice radishes very thin. Overlap radish slices on top of the cream cheese. Sprinkle each sandwich with salt and pepper. Cover with damp paper towels until serving.

WEEK FOUR ACTIVITIES



- Autumn arrived this week. Make sure your equipment to rake leaves and lawn are ready. Offer to rake the lawn of an older neighbor or friend. Good exercise, good for friendships.
- Pack away summer clothes and make sure winter clothes include items that will keep you warm on a winter/snow walk in just a few weeks.



Fruits and vegetables are:

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

Provided by USDA with funding from Iowa Nutrition Network, Food Stamp Nutrition Education Program and Team Nutrition. These programs are Equal Opportunity Providers and Employers.

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

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