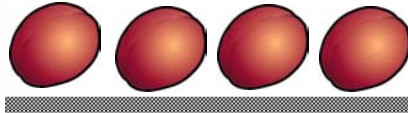


Pick a better snack & Act



This week Week One



Snack

Plum-Berry Cobbler

- 3 c. fresh plums, peeled and sliced
- 1 pint fresh blueberries, washed and drained
- 1 T. sugar
- 2 t. lemon juice
- 1 t. freshly grated lemon rind
- ½ t. vanilla
- 4 macaroon cookies
- 1/3 c. flour
- ¼ c. brown sugar
- ½ t. ground cinnamon
- pinch ground nutmeg
- 2 ½ T. butter

Preheat the oven to 350°F. Lightly spray with nonstick spray a 10" 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.



Be Active

- 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.

More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at www.extension.iastate.edu/food/.