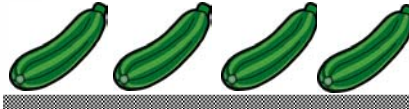


Pick a better snack & Act



This week Week Two



Snack

Oven Fried Vegetable Sticks

½ c. seasoned bread crumbs
2 T. grated parmesan Cheese
¼ t. garlic powder
3 medium zucchini
½ c. milk or water
1 c. 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.



Be Active

- 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.

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/.