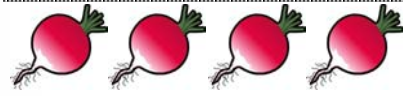


# Pick a better snack & Act



## This week Week Four



### Snack

#### Open-Faced Radish Sandwiches

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

Spread bagels or bread slices with  $\frac{1}{4}$ " 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.



### Be Active

- 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.

### 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/](http://www.extension.iastate.edu/food/).