Dip. Eat.

(How easy is that?)

They learn from watching you.
Eat fruits and veggies and your kids will too.

Pick a **better** *snack*™ & **Act**

Funded by USDA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Iowa Department of Public Health.
Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.