# Peel. Eat.

## (How easy is that?)

When they come home hungry,
have fruits and veggies ready to eat.

*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.