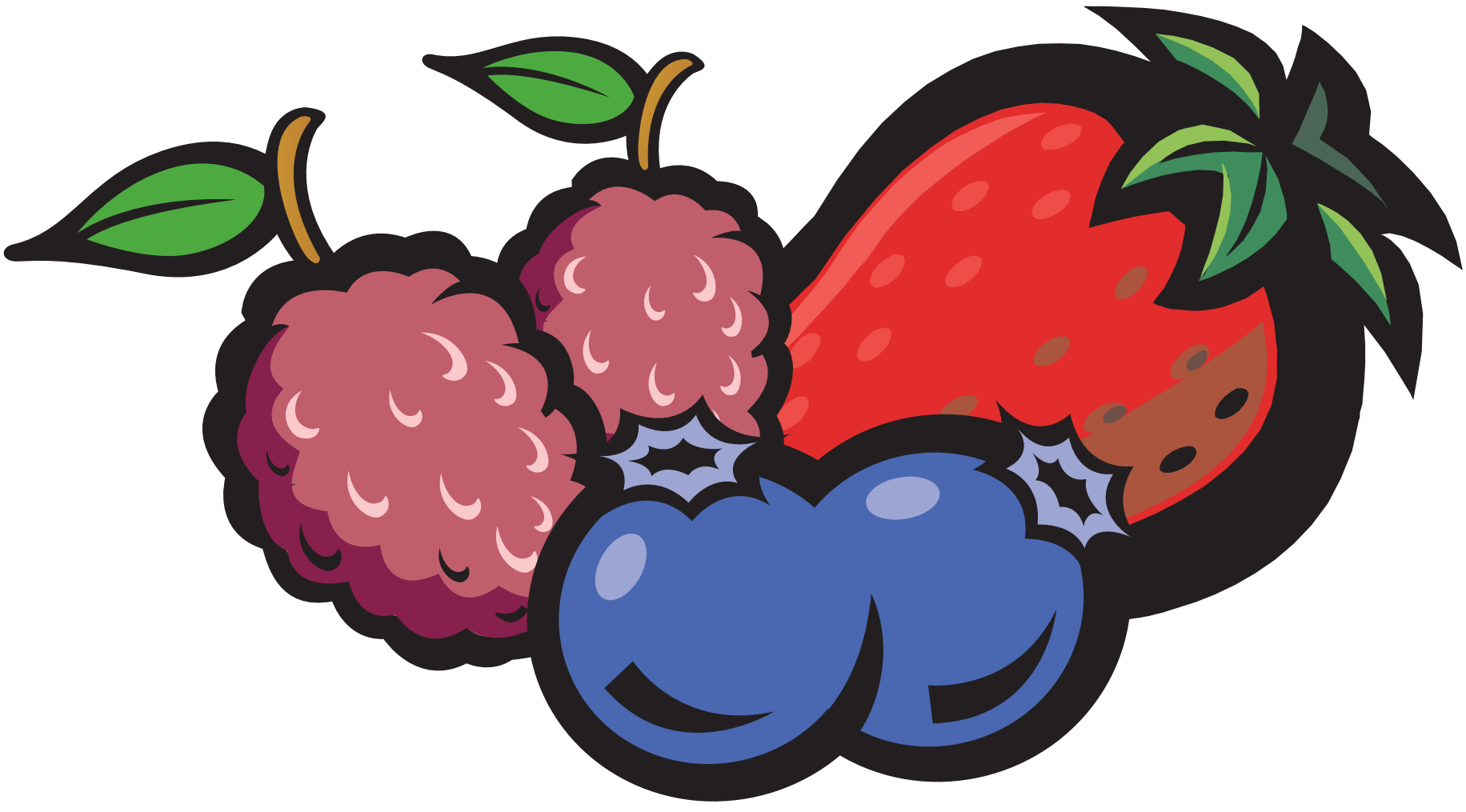
Zero to snack-
in 1 second.



(how easy is that?)

Pick a **better** snack™ & ACT

Funded by Iowa Nutrition Network through USDA's Food Stamp Program, an equal opportunity provider and employer.
The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, call 1-877-YES-FOOD.