Need Stress Relief?
The end of the school year can be busy and stressful. One way to stay moving and relieve stress is to participate in yoga. Yoga can improve posture, balance and coordination, but it also enhances your focus and concentration. Kids think it is just plain fun!

Not sure where to start? There are many free yoga classes online. Scan the code for fun yoga videos kids can do.

Fruit Crunch Cobbler
15 ounce can sliced peaches, drained ¼ tsp. ground cinnamon
15 ounce can pear halves, drained ¼ cup granola
¼ tsp. vanilla or almond extract

1. Combine peaches, pears, extract and cinnamon in a microwave-safe bowl. Stir well. Sprinkle granola over the top.
2. Cover the bowl with a lid or plastic wrap, leaving a small opening for the steam to get out.

Recipe from Eatfresh.org.

Peaches
Peaches are deliciously sweet and juicy. They're the best flavor and price in the summer – but you can enjoy them year round when you buy them frozen or canned.

Did you hear the joke about the peach?
It’s pit-iful!

Your Life Iowa
Your Life Iowa can help you or your loved one about problems with alcohol, drugs, gambling, mental health or suicidal thoughts. Day or night, call (855) 581-8111, text (855) 895-8398 or use Live Chat at yourlifeiowa.org. No judgment. Just help.

Eat fruits and veggies.

This institution is an equal opportunity provider. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. idph.iowa.gov/in/recipes/pick-a-better-snack. © 2022 Iowa Department of Public Health. All Rights Reserved. June 2022