

May 2017



Pick a **better snack**™



Snacking Matters for Kids!

Recently, a reliable national nutrition survey showed that kids ages 4-13 years old get about 25% of their daily calories from snacks. Snacks can provide the good things kids need, like vitamins, minerals, and fiber, or they can deliver unhealthy amounts of sugars, fat and salt.



Fruits and vegetables are healthy snacks! They are full of vitamins, minerals, phytochemicals (healthy plant chemicals), fiber and water. Eat them fresh, canned, or frozen (not juice) for the most nutrition.



Summer Meals for Kids

Children need healthy food all year long to flourish and achieve their goals. The **USDA Summer Food Service Program** serves meals to kids 18 years and younger. There are no income requirements or registration. To find a meal site in your community, call 1-866-3-HUNGRY or text "Food" to 877-877. You can also go online: www.fns.usda.gov/summerfoodrocks.

Did You Know?

SNAP/EBT benefits can be used to buy food producing plants and seeds.



Fruit of the Month:



Strawberry

Berry Good Snacks!

- **Fresh strawberries.** They taste great just as they are. Wash and eat!
- **Strawberries and yogurt.** Mix fresh strawberries with yogurt, like vanilla or your favorite flavor.
- **Fruit smoothie.** Use a blender to blend fresh or frozen strawberries with yogurt, milk or 100% juice and other fresh or frozen fruits.
- **Fruit cup.** Mix fresh strawberries with fresh blueberries, bananas, watermelon or pineapple.



Wash. Bite. How easy is that?

Strawberries: A Smart Snack

One cup of strawberries provides only 50 calories, 3 grams of fiber and is an excellent source of vitamin C. That's money well-spent!

\$1.50-\$2.50 per pint (16 oz)



There are 3 cups of strawberries in one pint. So, one cup costs **\$.50 - \$.83**.



Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information. Created July 2016.