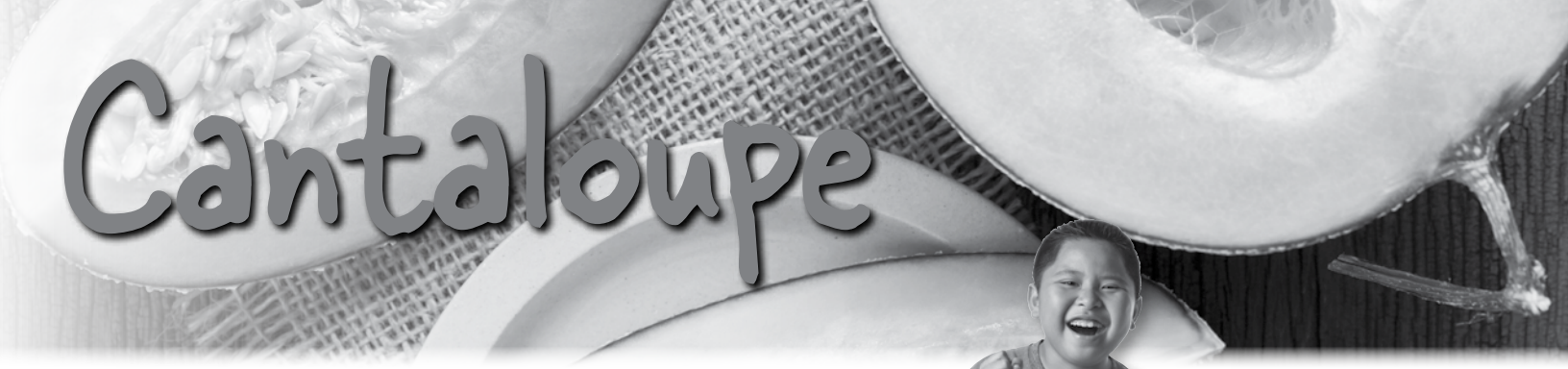


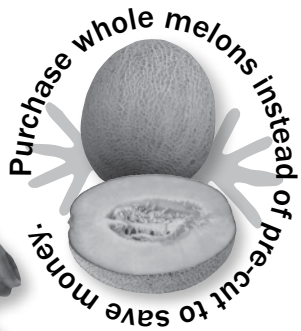
Double Up Food Bucks

Double up on your fruits and veggies! Iowans with EBT benefits, or Food Assistance, can get more fruits and veggies—and support local farmers—when they shop at farmer's markets.

Double Up Food Bucks is in eight communities across Iowa. Check out locations and how it works on Iowa's Healthiest State website iowahealthieststate.com.

Fuel your fun

Eat fruits and veggies.



5 2 1 0

Healthy Choices Count!

5-2-1-0 Healthy Choices Count!

Iowa's gone crazy for **5-2-1-0**. Be a part of the action. As a family, take on a new challenge each week.

Week 1: Strive for **1** hour of physical activity each day.
Week 2: Try to eat **5** or more fruits and vegetables daily.
Week 3: Limit recreational screen time to **2** hours or less each day.
Week 4: **0** sugary drinks this week—drink more water!

Dessert Fruit Kabobs

Serves: 4
Cups of Fruits & Vegetables Per Serving: 1

Ingredients

- 1 cup plain low-fat yogurt
- 1 tbsp. honey
- 1 tbsp. fresh lime juice
- 1 tsp. fresh cilantro, chopped
- 2 cups strawberries
- 1 ½ cups honeydew, cubed
- 1 ½ cups cantaloupe, cubed
- 8 metal skewers or bamboo skewers soaked in water

Directions

1 In a small mixing bowl, stir the yogurt, lime juice, honey and cilantro together. Transfer the yogurt mixture to a small serving dish, cover and refrigerate until ready to serve.

2 Thread the cubes of melon and strawberries—and any other fruits you have on hand—onto the skewers. Serve the kabobs with the yogurt dipping sauce.

Source: fruitsandveggiesmorematters.org

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Pick a **better** snack™

IDPH Iowa Department of Public Health