

# Cranberry



## Stick to Your List!

Feeding your family doesn't have to break the bank. Planning ahead with a grocery list is your best tool for saving money. Not only does it help you set up a game plan for what to buy, it prevents you from making impulse buys on items you don't need. Plan your shopping list around grocery ads to save even more.



## Be Active – Inside and Outside!

Spend time outdoors and be prepared for all weather conditions. There are a lot of activities your family can enjoy in the rain, mud and snow! Visit <https://www.choosemyplate.gov/kids-move-more> for ideas. Allow children to help choose and plan how the family will be physically active.

# Fuel your fun

Eat fruits  
and veggies.



Kids need 60 minutes of physical activity every day!

## Cranberry Almond Wrap

Serves: 6

### Ingredients

- ◆ 3 cups chicken or turkey (cooked or shredded)
- ◆ 1/2 cup almonds, sliced
- ◆ 2 ribs celery, diced
- ◆ 1/2 cup dried cranberries
- ◆ 1/4 cup light mayonnaise
- ◆ 6 (8 inch) whole wheat tortillas

### Directions

- 1 Combine chicken or turkey, almonds, celery, cranberries and mayonnaise in a bowl. Cover. Refrigerate until ready to assemble.
- 2 Spoon one loosely-packed cup of filling onto each tortilla. Roll the tortilla and enjoy!

This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at <http://spendsmart.extension.iastate.edu>.



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Pick a better snack™

