Orange

Snack Before You Shop

Shopping when you're hungry makes you spend more money because it strays you away from your shopping list and tempts you to buy more food. Try eating a light snack—crackers, string cheese, yogurt, or fruits and veggies—before you head to the grocery store!

Lilly Lake, Amana Colonies. Bill Nellans photo courtesy of Iowa Tourism office.

Free Family Fun

Parks are free resources that help get you and your family outdoors and active. Iowa has city, county and state parks near you. Learn more about recreation in your county at www.mycountyparks.com. To learn about Iowa's many state parks, visit www.iowadnr.gov/Places-to-Go.

Fuel your fun

Eat fruits and veggies.

Parks are a great free resource to help your family get outdoors.

Orange-Banana Parfait

Serves: 2

Ingredients

- 1 orange or 2 clementines (peeled, seeded and chopped)
- 1 banana (thinly sliced)
- ¼ cup chopped toasted walnuts, almonds or pecans* (*If you're allergic to nuts, substitute ¼ cup toasted oats, wheat germ or flaxseed.)
- 1 cup yogurt

Directions

1. Divide the chopped orange into four piles.
2. Divide the sliced banana into four piles.
3. Divide the chopped nuts into four piles.
4. Put 1 pile of orange into 1 glass. Top with ¼ cup yogurt. Top with 1 pile of banana. Sprinkle with 1 pile of nuts. Repeat in same glass.
5. Repeat Step 4 in second glass. Serve right away.

Recipe from http://www.chopchopmag.org.

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Pick a **better** snack™

IDPH Iowa Department of Public Health