

Kiwi

IOWA
WIC

WIC is a successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance and more to income-eligible pregnant women, moms of infants and children up to 5 years old. Find a clinic near you at <http://signupwic.com>.



Fuel your fun

Eat fruits
and veggies.



Fun, Screen-free Ideas for the Family

- ◆ Play hide-and-seek inside.
 - ◆ Learn a card game or board game.
 - ◆ Grab the blankets and make a fort over kitchen table and chairs.
 - ◆ Turn on the music — learn a new dance move from your kids. 😊
 - ◆ Cook together.
 - ◆ Build with LEGOs® or blocks.
- Adapted from www.5-2-1-0 Healthy Choices Count!



Kiwi

Are your kids asking for kiwi? You can feel good about serving kiwi at home. Here's what you need to know:

- ◆ Kiwi is in season during the winter, so it's cheaper and more flavorful this time of year.
- ◆ You can buy them individually or in packages. Compare prices, but often it's cheaper to buy them individually.
- ◆ Kiwi is ready to eat when it gives to gentle pressure. Keep them in the fridge to slow the ripening or put them on the counter to speed it up.
- ◆ You can eat the skin (wash it first), but usually it's peeled. Or, slice in half and scoop the green flesh with a spoon.
- ◆ Two small kiwi are less than 100 calories and a good source of vitamin C, vitamin E and fiber.
- ◆ Add kiwi to a fruit salad. It goes well with bananas, berries, pineapple, mango, oranges and grapes.



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Pick a better snack™

