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.

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!

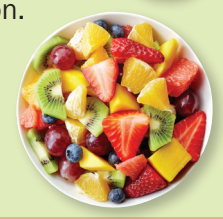
Fuel your fun

Eat fruits and veggies.

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™

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