

Peach

Healthy Choices Count!

What's 5-2-1-0? It's an easy way to remember your child's daily health goals. It takes time to make a change. Pick one area, like sugary drinks, to focus on this week. Swap your child's lemonade for lemon-infused water. For more ideas, check out www.iowahealthieststate.com.



Where You Live Matters

The Iowa Department of Public Health has a map of registered smoke-free rental properties. You can also use the map to find nearby parks, transit stops, grocery stores and farmers markets. Living near parks and bus stops can help you stay active. Check it out! <https://smokefreehomes.iowa.gov/>.



Fuel your fun

Eat fruits and veggies.



Sweet and Tangy Chicken Quesadillas

Ingredients

- ◆ 1 can (15 oz.) peaches in 100% juice
- ◆ 1 cup boneless, skinless chicken, cut into bite-sized pieces
- ◆ ¾ cup shredded cheese
- ◆ 4 (8 in.) whole wheat tortillas
- ◆ Optional ingredients: black beans, cilantro, corn, jalapeño pepper, onion, salsa

Directions

- 1 Strain the juice from the peaches into a bowl. Cut peaches into small bite-sized pieces. Set the peaches aside.
- 2 Heat a skillet to medium. Spray it with cooking spray. Add chicken and peach juice.
- 3 Cook the chicken, stirring occasionally, until internal temperature reaches 165°F. Remove chicken and peach juice from skillet.
- 4 Put ¼ of each ingredient (chicken mixture, peaches, cheese, optional ingredients) on half of each tortilla.
- 5 Fold the empty side of the tortilla over the ingredients, like closing a book.
- 6 Cook quesadillas in skillet until lightly browned on both sides. Make sure they're warmed through and cheese is melted.



This recipe is provided by Iowa State University's Spend Smart. Eat Smart.™

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. Created August 2019.

Pick a better snack™

