

Pineapple

Ways to Eat Pineapple

- ◆ Fresh or canned
- ◆ Frozen in a smoothie
- ◆ Chopped in a salsa
- ◆ Mixed in a stir fry
- ◆ On top of a pizza
- ◆ Mixed with cottage cheese



Home Goods as Exercise Equipment?

Have you ever thought about using what you have in your home for movement? Milk jugs instead of dumbbells, a towel instead of a resistance band, stairs for some cardio and leg strength. Create a mini workout at home with your family, especially on these cold snowy days!



Iowa Food Assistance

Food Assistance (also known as SNAP) can help you buy healthy foods. To apply by phone, call the Iowa Food Bank Association Hotline at **855-944-3663**. To apply online, go to www.oasis.iowa.gov.

Fuel your fun

Eat fruits
and veggies.



Pineapple Rice

Try this healthy, flavorful side dish with your next meal.

Ingredients

- ◆ 6 green onions
- ◆ 10 oz. (half a can) pineapple slices in 100% juice, drained
- ◆ 2 cups instant brown rice

Directions

- 1 Heat a large pan over medium-high heat. Spray pan with cooking spray.
- 2 Arrange pineapple and green onions on pan. Cook 5 minutes or until well-charred, turning to char evenly.
- 3 Remove onions and pineapple from pan. Cut into bite-sized pieces.
- 4 Cook rice according to package directions. Stir in pineapple and onions.
- 5 Serve warm. Salt and pepper to taste.

Adapted from www.Cooking Light.



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