

Pick a better snack™

# FAMILY NEWSLETTER



## Kids In The Kitchen

Kids love to help. Getting them involved with meal or snack preparation is one way to get your child to try a new food. There are many tasks children can assist with in the kitchen, depending on their age, ability to follow directions, and your comfort level. All ages can help with the menu, such as selecting the vegetable or snack.

### 5 – 7 year olds can:

- ◆ Wash fruits and vegetables (*small amounts at a time*)
- ◆ Mix, mash, sprinkle
- ◆ Cut with blunt scissors or lettuce knives
- ◆ Measure
- ◆ Set the table, clear their own plate

### 8 – 9 year olds can:

- ◆ Use a can opener
- ◆ Chop, slice, dice (*with round tip knives and supervision*)
- ◆ Add seasonings
- ◆ Read recipes
- ◆ Wash dishes

As your child helps with the meal, you may find that they eat a wider variety of foods, and meals become more relaxing. Also, your child will grow up with confidence to prepare their own meals.



# Fuel your fun.

Eat fruits and veggies.



## Protect Your Heart!

February is National Heart Month! Even if it's cold outside, there are plenty of ways to get active indoors. Visit the American Heart Association for fun ideas to get your heart pumping in the comfort of your own home! [www2.heart.org/site/DocServer/KHC\\_25\\_Ways\\_to\\_Get\\_Moving\\_at\\_home.pdf](http://www2.heart.org/site/DocServer/KHC_25_Ways_to_Get_Moving_at_home.pdf)



## Bell Peppers

**Select:** Choose firm, shiny peppers with skin that is tight and unwrinkled. Avoid cracks or black spots.

**Store:** Refrigerate peppers in a plastic bag and use within 5 days.

**Wash:** Rinse peppers under cool running water right before eating or cutting them.

**Eat:** Try them raw, or dice and add to quesadillas, pasta, omelets, pizza, or a stir fry.

These tips are adapted from Iowa State University's Spend Smart. Eat Smart.®



## Your Life Iowa

Everyone needs help sometimes. If you or a loved one are facing problems with alcohol, drugs, gambling, mental health or suicidal thoughts, one resource you can turn to is Your Life Iowa. Free and confidential help and information is available 24/7 by phone (855) 581-8111, by text (855) 895-8398 or online chat at [yourlifeiowa.org](http://yourlifeiowa.org), so you can talk, text or chat with someone right away. If you're not sure if you're at risk, check out the warning signs and "Am I at risk?" quizzes for alcohol, drugs, gambling, and mental health. No judgment. Just help.



<http://www.idph.iowa.gov/inn/pick-a-better-snack>

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