

Pick a better snack™

FAMILY NEWSLETTER



Family Meals Can Be Fun!

Most families want to eat together regularly but only one-third are able to achieve this goal. Work schedules, school activities, and living situations are a few things that make it difficult. Here are a few tips to get started:

- ◆ Commit to 1 or 2 meals a week (breakfast on Sunday or dinner on Thursday).
- ◆ Keep meals simple. Make extra for another meal.
- ◆ Turn off electronics and focus on each other.
- ◆ Sit at the table, even if there are only two of you, and talk.

Besides developing healthy eating habits, children will benefit from family meals in other ways:

- ◆ A closer relationship with their parents
- ◆ Better academic performance and self-esteem
- ◆ Less likely to have behavioral issues or engage in other risk taking behaviors such as drug, alcohol, or tobacco use when they get older

By taking small steps to get started, you might find family meals become more frequent in your home!



Fuel your fun.

Eat fruits and veggies.



New Year, New You!

The beginning of the year is a great time to re-focus on wellness. Through the **5-2-1-0 Healthy Choices Count!** program, you and your family can learn how to set realistic goals to improve your health. Learn more about the program and access free resources by visiting: www.iowahealthieststate.com/5210.



PLAY YOUR WAY!

one hour a day!



Mangoes

- ◆ You may notice different types of mangoes at the store. Try them to see which you like best.
- ◆ A ripe mango will give slightly when you squeeze it. Color is not a good judge of ripeness.
- ◆ You can leave an unripe mango on the counter for a few days to ripen it. Put it in a paper sack to speed up the process.
- ◆ Mangoes are easy to eat once you learn how to cut them: www.mango.org/how-to-cut-a-mango/.



Spend Smart Eat Smart

Iowa State University Extension and Outreach created **Spend Smart. Eat Smart.®** (SSES) to help you eat well on a budget. SSES is a website and a free mobile app. You can find recipes, videos for preparing foods, nutrition information as well as tips for buying and storing foods. There's also help for being more active. You can create your own physical activity plan and participate in at-home video workouts. Try it today at www.spendsmart.extension.iastate.edu.



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

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