

Pick a better snack™

# FAMILY NEWSLETTER



## Is There Really Junk Food?

Cookies, chips, candy, soda. These are often labeled as “junk foods.” Labeling foods as junk or bad can contribute to less desirable eating behaviors.

“You can have some chips when you eat half your sandwich first.” A value is being placed on one food over another. Rather than placing emphasis on certain foods, try leveling the playing field so that all foods fit.

If your family enjoys a little sweet treat at the end of a meal, let your child have a portion, say one cookie, no matter what is left on the plate. You're treating the cookie just like the rest of the meal.

Yes, some foods have more nutrients than others, but all foods can fit in, especially when we do our best to include a wide variety of foods.



# Fuel your fun.

Eat fruits and veggies.



## Stretch and De-Stress!

The holiday season can be a stressful time for many. Oftentimes, when we feel stressed, our kids do as well. Practicing yoga and deep breathing can be fun ways to cope with busy schedules during this time. Here are yoga exercise resources for you and your family to enjoy: [www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga).



## PLAY YOUR WAY!

one hour a day!



## All Forms Count

In *Pick a better snack™*, we talk about eating fruits and vegetables in different forms. That means that there are many ways you can enjoy fruits and vegetables: fresh, canned, frozen, dried, and juice.

You can buy cranberries in any form. Generally it's best to choose options without added sugars and salt, but it's most important that you and your family just eat fruits and vegetables. How will you eat cranberries this month?



## WIC

WIC is a program for families with babies and children under age 5 as well as pregnant women and women who recently had a baby. To find a WIC clinic near you, go to [www.signupwic.com](http://www.signupwic.com). Eligible families will receive healthy foods, nutrition education, breastfeeding support, and referrals to other health care professionals. WIC is a great place to get help feeding your children.



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

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