Is Snacking OK For My Family?

Having a snack in between a meal is perfectly acceptable! Snacks help kids get the nutrients and energy they need to grow and stay active. Most kids need to eat every 3-4 hours. Plan for snacks to keep kids from grazing all day long and ruining their appetite at mealtime.

Keep healthier snacks on hand, such as fresh fruit and veggies, low-fat cheese sticks, whole grain crackers, or low-fat yogurt. Create spaces in your cupboards or refrigerators that are designated spots for a healthy grab- and- go snack.

In the Pick a better snack™ program, your child will learn about a variety of fruits and vegetables and how to eat them for a snack or at a meal. Have a fun conversation with your child about what they learned and try the featured fruit or vegetable as a family. You may just find a new favorite snack!

Unplug to Have More Fun!

This September, we’re focusing on reducing our screen-time! What’s your favorite non-screen activity? Aim for 2 or less hours a day in front of a TV, smart phone, or tablet device. Learn more at: www.iowapeststate.com/5210.

How to Pick a Good Cantaloupe

Color: The outside should be golden with a flat, yellowish spot, which means it ripened on the vine.

Firmness: The ends of the melon should yield slightly when gently pressed. There should be no soft spots or cracks.

Smell: It should smell good, like cantaloupe.

Weight: It should feel heavy for its size when compared to other cantaloupe.

Double Your Money

Double Up Food Bucks™ helps Iowa Food Assistance/EBT participants buy more fruits and vegetables. When you use your EBT card to buy fruits and vegetables at participating farmers markets and grocery stores, you’ll receive FREE Double Up Food Bucks™ to buy more produce. Every dollar you spend is matched up to $10 per day. Find a location near you at www.DoubleUpIowa.org.

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

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. August 2020