

Pick a better snack™ Family Newsletter

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PLAY YOUR WAY!

one hour a day!

Stretch Your Food Budget

It is possible to eat healthy and stick to a tight grocery budget. Iowa State University Extension and Outreach offers programs that will help you learn to plan meals, save money at the grocery store and cook meals that are tasty and healthy. They would love to welcome you to one of the groups!

The programs are for adults of any age who meet income eligibility requirements. If you participate in SNAP, WIC or free meals at school, you are automatically eligible. Groups meet in-person and through video chat. To learn more about programming in your area, complete this online form: https://iastate.qualtrics.com/jfe/form/SV_d5L0oX-me3nzAnTT.

Bring the Zoo Home!

April showers may lead to May flowers, but they can make us feel stuck indoors sometimes! Work with your kids to create an indoor zoo!

Try activities such as frog hops, bear walk, starfish jumps, cheetah run, crab crawl, elephant stomps, flap like a bird, slither like a snake, stand like a flamingo, talk like a giraffe, etc. You can even see who can be the most creative. Can you neigh and prance like a unicorn?



MICROGREENS

- Have you heard of microgreens? They're young vegetable plants between the sprout and baby greens stage. Unlike sprouts, they have leaves, but the leaves are much smaller than baby greens.
- Grow them from a variety of seeds, including broccoli, radish, leafy greens or peas.
- Add them to salads, sandwiches or wraps for extra nutrition and flavor.



SPINACH

- Don't miss spring greens, like kale and spinach; they have so many nutrients including vitamins C and A.
- Look for them at farmers markets and grocery stores – or grow them. No space for a garden? Use a planter pot on a patio.
- Buy packaged fresh spinach at the store for convenience. Most are labeled "washed" so you don't need to wash it.



BABY KALE

- Want the health benefits of kale but don't like the strong taste? Try baby kale, which is much milder than regular (curly) kale.
- Mix it in with other salad greens or cook it for less time than you cook regular kale.
- Buy it or try growing this cool-weather plant. It grows well in Iowa.

Fuel your fun.

Eat fruits and veggies.

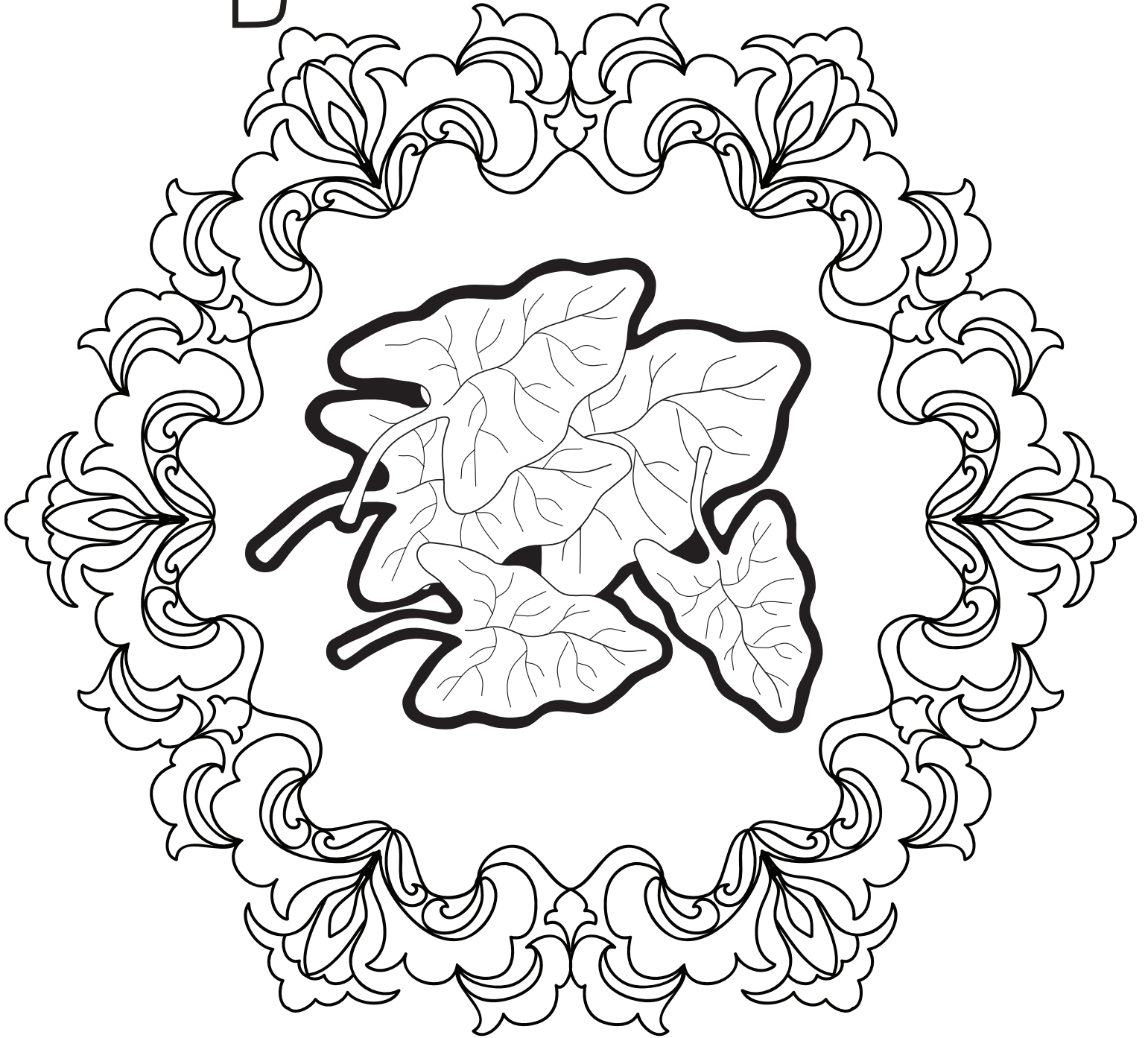
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Spinach



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