Iowa’s Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.

www.idph.state.ia.us/pickabettersnack

Family Goal Setting
This month make the choice to replace some of the flavored milk your family drinks with white milk. If this is a tough change for you or your kids, try adding a little bit of your own chocolate syrup so you can control the added sugar.

Pick a better snack™ & Act allows you to enjoy a variety of fruits, vegetables and physical activities. Complete the card by putting an “X” through the squares of fruits, vegetables and physical activities you have tried. A “bingo” is complete when you make a line of X’s diagonally, horizontally, or vertically.

Family ate a meal together
**PICK A BETTER SNACK.**

**Be Choosy in the Cheese Aisle**

- **Buying:** Choose low-fat cheese most often. Look on the label for the terms “reduced-fat” or “low-fat”. Look at the price per ounce on the shelf price tag to figure out what the least expensive option is. If that isn’t available, compare 8 ounce packages of cheese. Most cheese comes in 8 ounce packages. And, always check the expiration date.

- **Storing:** Store cheese in the original packaging or in a sealed plastic bag. The key is to make sure the cheese is air-tight. Pieces of cheddar, Monterey jack and Swiss cheese can be frozen in blocks or after they’re shredded.

- **Enjoying:** Cheese contains calcium and protein, but it is also a source of saturated fat (solid fat). Eating smaller amounts of cheese will allow your family to enjoy the flavor and texture of cheese but limit unwanted fat and calories. For example, remix your family’s Friday night pizza by adding more veggies and cutting back a bit on the cheese.

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**LET’S MOVE!**

**Let’s Move in the Neighborhood.**

The most convenient place to be active is your own neighborhood. Check out these ideas:

- Start walking with your neighbors. Or, take turns watching the kids so you can each go and get active.

- Encourage the kids to get active in the neighborhood by playing games like capture the flag, basketball, or tag.

- Talk to your local YMCA, parks and recreation department, or community center about low or no cost programs in your neighborhood.

- Make it a goal to find a safe walking route near your house.

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**Resource:**

Discover new strategies and valuable information to help your family establish healthy habits at the Iowa Nutrition Network’s website. [www.idph.state.ia.us/nutritionnetwork](http://www.idph.state.ia.us/nutritionnetwork)

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**NAME**

has played Pick a better snack™ & Act bingo this month.

**SIGNATURE**

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[www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack)

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Eat Smart. Play Hard. is the United States Department of Agriculture (USDA), Food and Nutrition Service’s (FNS) Campaign to promote healthy eating and encourage physical activity in children and families. Power Panther™ is the messenger for this campaign.