



# EAT SMART. PLAY HARD.™

## PICK A BETTER SNACK.

### Bell Pepper (Cut. Eat. How easy is that?)

- **Buying:** Bell peppers come in many colors: red, orange, yellow, green, and purple! Choose firm, bright colored peppers with tight skin. Steer clear of peppers with soft spots or cracks.
- **Storing:** Refrigerate bell peppers in a plastic bag for use within 5 days. Leave sliced peppers in a sealed container in the fridge so they're ready for snacks after school.
- **Enjoying:** Bell peppers taste great fresh. They're sweet and mild; don't worry about heat with bell peppers. Just cut open and remove the seeds. Then, cut into strips and enjoy! Work peppers into your favorite meals by adding them to pizza, pasta, or hash browns. For a tasty treat, cut off the top of a pepper and scoop out the seeds. Put a scoop of low-fat cottage cheese inside the pepper. It's a pepper bowl you can eat that's a fun snack for kids.



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

The Arkansas Cooperative Extension Service is an Affirmative Action/Equal Opportunity Employer. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program.

### Resource:

Save money with the 3 easy steps to family meals at [www.extension.iastate.edu/foodsavings/](http://www.extension.iastate.edu/foodsavings/)

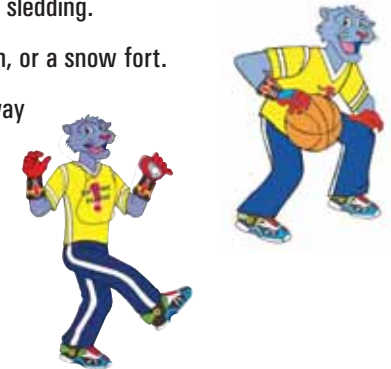
SPENDSMART  
EATSMART

## LET'S MOVE!

### Let's Move in the Winter.

It's cold outside, but that doesn't mean you are stuck inside! Head outside for some winter physical activity and have fun:

- Bundle up and have a family snow fight!
- Head to the nearest hill and go sledding.
- Make snow angels, a snowman, or a snow fort.
- Shovel the sidewalks or driveway together as a family.



NAME

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

SIGNATURE

[www.fns.usda.gov/eatsmartplayhardkids](http://www.fns.usda.gov/eatsmartplayhardkids)

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.