



# EAT SMART. PLAY HARD.™

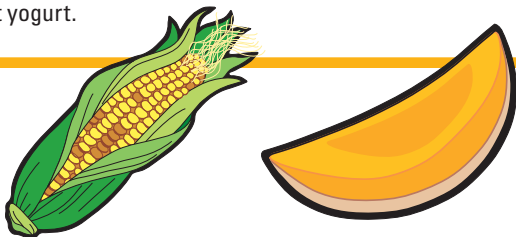
## PICK A BETTER SNACK.

### Sweet Corn

- **Buying:** Choose ears with green husks, fresh silks and tight rows of kernels.
- **Storing:** Refrigerate corn with husks on for use as soon as possible or within 2 days.
- **Enjoying:** Nothing beats Iowa sweet corn on the cob! Wrap each ear in a damp paper towel and microwave 12-14 minutes, turning every three minutes. For a refreshing main dish, try this taco salad: wash and tear a head of lettuce into bite-sized pieces. Top with black beans, corn, cut up tomatoes, and low-fat Mexican cheese. Serve with salsa or low-fat ranch dressing. You can use canned, frozen or fresh corn for this recipe.

### Cantaloupe (Slice. Eat. How easy is that?)

- **Buying:** Choose cantaloupes that are heavy for their size with no visible bruises. The stem end should give slightly to gentle pressure.
- **Storing:** Store uncut cantaloupes at room temperature for up to one week. Refrigerate cut melon in an airtight container up to five days.
- **Enjoying:** Cut cantaloupe in half and spoon out the seeds. Cut each half into three wedges and cut between the skin and the orange fruit. For a fun snack, cut the cantaloupe into bite-sized pieces and dunk in low-fat yogurt.



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

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### Resource:

Find out what you should be spending on groceries at <http://www.extension.iastate.edu/foodsavings/plan/foodspendingplan/>

SPENDSMART  
EATSMART

## LET'S MOVE!

### Let's Move at Parks.

Summer is the perfect time to explore local parks. Get out and enjoy green space with these fun ideas:

- Throw a frisbee at the park or play keep away.
- Have a family scavenger hunt and see who can find an acorn, leaf, bird's nest, and squirrel first. Or hunt for a certain color or biggest item, like a rock or leaf!
- Find a fun walking trail at your local park.
- Find a local park or forest at <http://www.discovertheforest.org/where-to-go>
- Pack a healthy lunch and a blanket and spend the afternoon at the park after a picnic lunch.



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.