

EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

Raspberries (Wash. Bite. How easy is that?)

- **Buying:** Choose dry, plump, firm raspberries. Avoid berries that look wet.
- **Storing:** Do not wash raspberries until you're ready to eat. Refrigerate for use within 2-3 days.
- **Enjoying:** Mix raspberries with other berries (strawberry, blueberry, and blackberry) for a colorful fruit salad. Or top oatmeal, pancakes, waffles, or yogurt with this sweet berry.

Papaya (Peel. Eat. How easy is that?)

- **Buying:** Select papayas that are firm with some yellow streaks and no blemishes.
- **Storing:** Keep papayas at room temperature for 2-3 days until they are totally yellow to orange.
- **Enjoying:** Cut the papaya in half and scoop out the seeds. Cut between the skin and fruit. Papaya is wonderfully sweet all by itself! For a summer snack, freeze pieces of papaya on a stick. Insert a wooden popsicle stick into a piece of papaya and lay on wax paper in the freezer. Yum!



www.idph.state.ia.us/pickabetersnack

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Resource:

Want your kids to have fun and learn about healthy eating this summer? Log on to www.nutritionexplorations.org/ or fun, educational games.

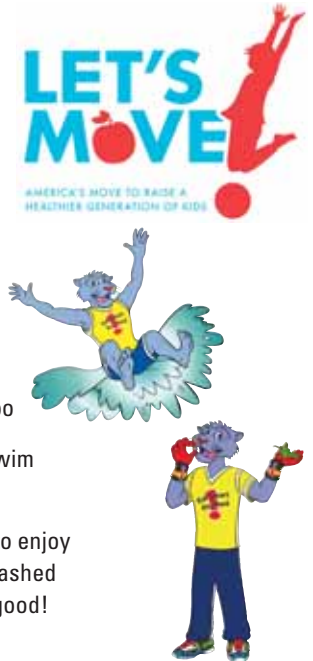


LET'S MOVE!

Let's Move at the Pool.

Summer isn't summer without swimming! Head to the local pool with your kids with these simple ideas:

- Talk to your local pool about a summer membership. Some pools offer discounts or assistance based on income.
- Take turns with your trusted neighbors watching the kids at the pool.
- Discover the kid in you by racing, playing Marco Polo, and jumping off the board at the pool.
- See how many laps in a row your family can swim at the pool.
- Pack healthy snacks like grapes and pretzels to enjoy at the pool. For an extra-special treat, freeze washed seedless grapes in plastic bags. They taste so good!



NAME _____

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

SIGNATURE _____

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.