



Healthy Choices Count!

MARCH FEATURE

Spring Snacking

STRATEGY 1

Limit unhealthy choices for snacks and celebrations, while providing healthy choices

DID YOU KNOW?

March is National Nutrition Month! This month is all about the importance of making informed food choices and developing sound eating and physical activity habits. Why not start with your snacks? Snack time is a great opportunity to increase access and exposure to fruits and veggies!

SWITCH UP YOUR SNACKS IN MARCH

Swap out the usual snacking suspects for healthier alternatives to feel your best and find your new favorite snack this month. Give some of these foods a try the next time you're hungry!

- Yogurt
- Trail Mix
- Bell Peppers and Guacamole
- Popcorn
- Cottage Cheese
- Berries
- Nuts
- Carrot Sticks and Hummus
- Frozen Fruit Popsicles

ACTIVITY: 5-2-1-0 FRUIT AND VEGGIE BANDS

Make trying new foods fun! Create 5-2-1-0 fruit and veggie bands at home or school to track your daily fruit and veggie servings with a parent or caregiver's help. Learn more about the activity at iowahealthieststate.com/news/5-a-day-bands and share pictures of your bands and progress with us online!

