

Pick a better snack™

FAMILY NEWSLETTER



Stretching Your Food Dollar

Feeding a family can be expensive. You can feed your family healthy meals, while staying within your budget. Here are a few tips to keep you on track:

- ◆ Plan your weekly meals ahead of time. Include the foods you have in your cupboards and plan to use leftovers.
- ◆ Make a grocery list and stick to it. Include items on sale.
- ◆ Buy “in season” fruits and vegetables and compare the price to frozen or canned.
- ◆ Rice and pasta are budget-friendly grain options—try to make half of your grains whole grains. Check the ingredient list on the food label; the first ingredient should say whole grain or whole wheat.
- ◆ Beans, lentils, and eggs are protein foods that cost less. You can add them to a variety of recipes.

Find other tips and budget friendly recipes at www.ChooseMyPlate.gov.



Fuel
your
fun.
Eat fruits
and veggies.



Move for Immunity!

Did you know physical activity boosts your immune system? That means if we exercise daily, we're less likely to get sick! Aim for 1 hour of physical activity a day to boost your body's germ-fighting ability in addition to eating fruits and vegetables.



PLAY YOUR WAY!

one hour a day!



How to Prepare Jicama

- 1 Wash jicama under running water.
- 2 Use a sharp paring knife or vegetable peeler to remove the skin.
- 3 Cut it in half to make it easier to handle.
- 4 Cut it into sticks, slices, or small cubes depending on how you'll eat it. It can also be shredded.
- 5 Once it's cut, refrigerate what you don't use in a covered container for up to one week.



Farm to School

Do you wish your kids would eat more fruits and vegetables? Farm to School can help! When kids have a hand in growing fruits and vegetables, they are more likely to eat them. Farm to school can make school meals more attractive and tastier, too.

Celebrate National Farm to School Month by helping with your school garden or connecting a farmer to the school. With farm to school, students win, farmers win, and communities win.

