



Healthy Choices Count!

# → SEPTEMBER

## QUICK & HEALTHY FAMILY COOKING

*#HealthyChoicesCount*



STATE OF IOWA DEPARTMENT OF

Health AND Human

SERVICES

FIND MORE 5-2-1-0 RESOURCES:  
[www.iowaHealthiestState.com/5210](http://www.iowaHealthiestState.com/5210)



### DID YOU KNOW?

- Kids who eat regularly with their families are more likely to eat fruit, vegetables, and whole grains.
- 91% of parents say their families are less stressed when they eat together!

### STRATEGY 10: COLLABORATE WITH FOOD AND NUTRITION PROGRAMS TO OFFER HEALTHY FOOD AND BEVERAGE OPTIONS.

- **Sites:** What events can your site plan to celebrate nutrition staff this fall?
- **Parents:** Are you utilizing healthy eating resources to make family meal time simple and nutritionally balanced?

### MAKE HEALTHY DINNERS SIMPLE, COST EFFECTIVE, AND FUN!

*Spend Smart. Eat Smart. budget friendly, healthy recipes*

*Cooking with Kids*

*Teaching Kids to Cook Tips*

*Kid Friendly Recipes to Eat More Fruits and Veggies*

*Healthy Brown Bag Lunches & Shopping List*