



Healthy Choices Count!

SEPTEMBER

QUICK & HEALTHY FAMILY COOKING

IowaHealthiestState.com

#HealthyChoicesCount

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 more simple and nutritionally balanced?



MAKE HEALTHY DINNERS SIMPLE, COST EFFECTIVE, AND FUN!

Don't start from scratch!

The Spend Smart. Eat Smart. website offers tons of healthy recipes that are tasty and easy on the wallet for everything from snacks, to meals, side dishes, and desserts. Just search Spend Smart. Eat Smart. online and put together your meal plans!

Get kids involved in the kitchen

Kids are more likely to be excited about a fruit or vegetable side dish that they helped prepare. Get them involved with simple tasks like measuring ingredients, cleaning up, and taste testing!

Need more ideas? Visit IowaHealthiestState.com/5210-resources



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