


Pick a better snack™



Dear Families,

This year your child is participating in Pick a **better** snack™, a nutrition education program designed to encourage him or her to choose fruits and vegetables as healthy snacks and to be more physically active. This nutrition education program is provided by the Iowa Nutrition Network School Grant Program and is funded by the USDA Supplemental Nutrition Assistance Program Education (SNAP-Ed) through the Iowa Department of Public Health (IDPH).

Your child will have the opportunity to taste a variety of fruits and vegetables in a kid-friendly environment. They will explore new ways to have fun and be active with their friends and family and understand why this is important to their health.

Iowa Nutrition Network School Grant Program Goals

Provide information and strategies to help children and their families:

- Increase daily consumption of fruits and vegetables among elementary-age children.
- Promote daily physical activity among elementary-age children.
- Encourage parents/caregivers of elementary-age children to provide healthy foods and support physically active lifestyles for their children.

These program goals are consistent with the current *Dietary Guidelines for Americans* and the Health Promotion Unit of the Iowa Department of Public Health.

For more information on Pick a **better** snack™ visit: www.idph.iowa.gov/inn/pick-a-better-snack.

We look forward to working with your child this year!

Sincerely,

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