

# Pick a better snack™

A family and community newsletter

## KIWI

Kiwi is a small fruit with big nutrition. It's a good source of vitamin C, potassium, fiber and more. Kiwi will ripen faster on the counter. Put it in the fridge to slow down the ripening process. Eat kiwi when it starts to feel soft with slight pressure. Rinse the kiwi under cool, running water before eating.

## Ways to Eat Kiwi

- ◆ Cut in half and scoop out the fruit with a spoon, bite by bite.
- ◆ Cut kiwi into chunks and mix with bananas, berries and grapes for a fruit salad.
- ◆ Freeze in an ice cube tray for a glass of kiwi-infused water.
- ◆ Chop into a tropical salsa. Mix kiwi, mango, peppers, honey, lime juice and cilantro.

Watch this video for how to prepare kiwi.



SCAN ME

## WIC

Pregnant or recently had a baby? Parenting children under age 5? WIC can help you and your kids stay healthy. Find a location near you: [signupwic.com](https://www.signupwic.com). Food. Education. Support. You got this.



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# PLAY YOUR WAY!

one hour a day!

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Why is Cinderella so bad at playing football?

Because she runs away from the ball.

LOL



le  
**Fuel**  
your  
fun.  
Eat fruits  
and veggies.

Pick a better snack™



## Things to do With a Cardboard Box

This time of year there can be a lot of cardboard coming into our homes – what fun for kids! Let your children be creative. The box can become a fort, a rocket, a sled, a balance beam, a blank canvas for art, something to stomp, something to jump in and out of, or something to cut into wings. The possibilities are endless!



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