

EATING SMART ON THE RUN



MAKE YOUR OWN SINGLE-SERVING SNACK BAGS

Small snack bags of crackers or pretzels can be expensive. A way to save money is to make your own snack bags. Use plastic bags or just plastic wrap and make snack bags of: dry cereal, crackers, pretzels, cut-up fresh fruit or vegetables. It will also help with portion control.

Making Smart Lunch Choices

TAKE IT WITH YOU: CREATING YOUR OWN LUNCH/ SNACK BAG

Ideas for a lunch/ snack bag if you don't have a cooler or will not have access to a refrigerator:



- Peanut butter sandwich
- Dry unsweetened cereal
- Fresh fruit
- Rice cakes
- Mini-boxes of raisins or other dried fruit
- Pretzels
- Graham crackers
- Small bag of peanuts or other nuts
- Low-fat granola bars
- Baked chips
- Low-fat crackers
- Bottled water

If you have access to a refrigerator or cooler you can take additional items:

- Turkey sandwich (or other low-fat meat)
- Vegetable sticks or baby carrots
- Yogurt
- Pudding
- Cottage cheese
- String cheese
- Juice



HEARTY VEGETABLE SALAD

Makes 8 servings

Serving Size: 1/2 cup

Ingredients


- 1 (15-ounce) can baby green lima beans, drained
- 1 (15-ounce) can whole kernel corn, drained
- 1 medium tomato, chopped
- 1/4 cup chopped onion
- 1/3 cup Italian dressing, fat-free
- black pepper to taste

Directions

1. Heat lima beans and corn in microwave.
2. In large bowl, combine lima beans, corn, tomatoes and onions.
3. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste.
4. Serve immediately or chilled.

Nutrition information Per Serving

140 calories		Total Carbohydrate	28 g
Total Fat	1 g	Dietary Fiber	6 g
Saturated Fat	0 g	Sodium	410 mg
Protein	6 g		

 **Good Source of Iron**

Eat Smart

TIME FOR YOU

Find another parent in your neighborhood you know and trust and give each other "time-outs." You keep their children for 30 minutes or an hour so they can go for a walk or do some other type of activity. They do the same for you so that you can be active for good health.

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