

First graders at Stewart have been taking more healthy bites these past two weeks through the Pick a Better Snack program. This sweet week the focus was on exercise and broccoli.

This program is designed to motivate children to eat more fruits and vegetables and to be more physically active. Each week Amy Green, 4-H/youth coordinator, visits the first grade classrooms to talk about making healthy food choices. They always get to sample a particular fruit or vegetable of the day.

If you have any questions about the Pick a Better Snack program or would like to volunteer or financially support the program, please call the Washington County Extension Office at 319-653-4811.



Students learned at Pick a Better Snack that 60 minutes of exercise is required each day for

healthy bodies. Tara Luers' first grade students at Stewart Elementary put in a little exercise time in the classroom by dancing the Interlude.