

The first graders at Stewart Elementary are into week four of the Pick a Better Snack program delivered by Washington County Extension/4-H. Tuesday, February 13 they enjoyed spinach salad and learning how those dark colored fruits and vegetables pack a powerful punch of nutrients. Each week students assist handing out the snack practicing safe food handling. Jace Kinzenbaw, son of Jamie and Jermey Kinzenbaw, handed out spinach to his classmates in Mrs. Rhiannon Long's first grade classroom. Students also worked together to sort foods into the correct food groups on the Healthy MyPlate.

The Stewart Elementary Pick a Better Snack program is supported by Washington County Riverboat Foundation and Washington County Extension. If you have any questions about the Pick a Better Snack program or would like to volunteer or sponsor, please call the Washington County Extension Office at 319-653-4811.

