



**Week 1 | September 18, 2023**

## Hello!

We're excited to have more than 80 families joining us in our Family Wellness Challenge! We know fall is a busy time of year - getting back into routines and preparing for the quickly approaching holidays. This challenge is not intended to add to your already full "plate". Our goal is simply to share some awesome recipes and activities through which you can enjoy some healthy time as a family!

For the next four weeks, you will receive an email with two new recipes and two activity ideas to try together. After doing so, you'll check-in with us on what you thought by completing an online form. Then at the end of each week, we'll randomly select a few families from all who complete the form to win some cool prizes! Easy enough, right?!

And if you need more incentive to hang out, eat good food, and play fun games with your family then be sure to submit your check-in form all four weeks to be in the drawing for super awesome prizes including waterpark passes, gift cards, and MORE!

Have a great first week of the challenge! And don't forget to check-in!  
The Live Healthy Iowa team

[WEEK 1 Check-In Form](#)

**P.S. - It's not too late to join the challenge! Share this link with others who might like to take part! <https://forms.gle/NNhkNRTpVgjjaxCNA>**

## Questions?

**888.777.8881 | [info@livehealthyiowa.org](mailto:info@livehealthyiowa.org)**

## Important challenge dates...

Sep 18 - Week 1 begins  
Sep 24 - Week 2 begins  
Oct 1 - Week 3 begins  
Oct 8 - Week 4 begins

## Family Activity

Each of the next four weeks, schedule in 30-60 minutes to get moving as a family. Choose one or both activity options, let loose, and ENJOY!

### Dance Party!

Find an open space inside or outside and play every family members favorite song and dance! BONUS time: learn the **CUPID SHUFFLE** dance together!

### Charades

Here is a list of idea's to use when playing with your family, make it a competition and see who

can guess the most correct.

Bowling - Mow - Cat - Walk a Dog - Cook - Write - Drive - Fish - Santa Claus - Yoga - Basketball - Airplane - Sing - Smile - Bite of Apple - Vacuum - Lose Glasses - Frog - Ballet - Play the Piano - Soccer - Chicken - Guitar - Slip - Monster - Karate - Measure - Chomp - Monkey - Laugh - Strong - Race Car - Cowboy/girl - Raking Leaves - Sleep - Brushing Teeth - Hopscotch - The Worm - Hula Hoop - Wiggle - Climbing a Tree

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## Family Mealtime

Spend time with your family in the kitchen and create yummy food together!



### Celebrate Iowa Ingredients during Family Mealtime

At the Iowa Food & Family Project, we're all about celebrating farm families, uniting rural and urban communities and providing the information and experiences you need to make informed food choices. We are proud to partner with Live Healthy Iowa and bring you "farm fresh" content from several Iowa FFP partners for Week 1 of the Family Wellness Challenge!

### Egg-cellent Nutrition and Taste

At around 70 calories each, the egg delivers a whopping 6 grams of satisfying protein plus a long list of key vitamins and minerals. The high-quality protein found in eggs is so nearly perfect that it is often the standard by which all other food proteins are judged.

Eggs are incredibly versatile and tasty, too. There's no reason to stop at the three main meals, eggs make an impressive showing in appetizers, beverages and desserts. There's more — each of those little gems costs as little as \$0.17 per serving, providing more than 35 grams of protein per dollar spent.

Most eggs reach the supermarket shelves within a few days of leaving the laying house. Properly handled and stored, eggs rarely spoil and can be kept for at least four to five weeks beyond the pack date on the carton. Storing eggs in their original carton helps keep them from picking up odors and flavors from other foods and prevents moisture loss.

### Air Fryer Frittata

#### Ingredients:

- 4 large eggs
- 2 Tbsp. skim milk
- 1/2 cup diced ham
- 1/4 cup red bell peppers (diced)
- 1/2 cup baby spinach (chopped)
- 1/3 cup leek (chopped, white part only)
- 1/2 cup shredded cheddar cheese
- 1/2 tsp. kosher salt
- 1/4 tsp. garlic powder
- 1/4 tsp. dried oregano
- freshly ground black pepper



*Photo credit: Iowa Pork Producers Association*

### **Instructions:**

Lightly spray a 6 or 7" round baking dish with cooking spray. In a large bowl, beat the eggs and milk with a fork. Add the ham, peppers, spinach, leek, cheddar, salt, garlic powder, oregano and pepper to taste. Stir to combine and pour into the baking dish.

Preheat the air fryer to 300°F. Place the pan in the air fryer basket and cook for 20-23 minutes until the eggs are set in the center. Cut the frittata in half and serve.

If you're looking for a perfect recipe to get the kids involved in cooking, you'll find it with this frittata recipe! Let the kids help with cracking the eggs or cutting up ingredients. A flexible cutting board helps kids efficiently move ingredients to a bowl, cut-resistant gloves come in kids' sizes, and utensils exist that aren't as sharp as traditional knives but still work well.

In addition to nutritious ham, eggs, milk and cheese, this recipe scores bonus points for incorporating peppers, spinach and leeks. It's a perfect way to integrate several food groups into one amazing meal. Find the recipe [here](#).

### **A "Dairy" Good Treat**

Milk is one of the freshest items on grocery store shelves. Milk's journey from the farm to the grocery store only takes about 48 hours. Not only is this journey fast and efficient, but it enhances milk safety and quality - consumers can be sure their grocer is selling dairy at the peak of freshness. In these two days, milk also makes its way to nearby school cafeterias, fueling kids with nutritious food and boosting the local economy.

### **Apple Yogurt Smoothie**

#### **Ingredients:**

- 2 cups low-fat vanilla yogurt
- 1 medium Granny Smith apple (cored, peeled, and diced)
- ½ cup orange juice
- 2 tablespoon honey
- 5-6 ice cubes





Photo credit: Midwest Dairy

**Instructions:**

Mix all ingredients in a blender or food processor until smooth. Pour into 2 tall glasses. Garnish with sliced almonds, fresh mint and dollop of honey, if desired.

This fresh and fruity combination of apple and orange blends with cool vanilla yogurt to make a refreshing afternoon or morning boost. Enjoyed any time of day, smoothies get high scores for being portable, vitamin-rich and protein-packed. The yogurt gives it a creamy texture while offering nutritional benefits. Many yogurt varieties are high in protein, calcium, vitamins and probiotics, which may boost the immune system. The nutrients can also protect bones and teeth. Find the recipe [here](#).

**Stay Connected!**

To learn more about Iowa farmers' work to raise safe, nutritious and high-quality foods for your wellness journey, subscribe to the Iowa Food & Family Project's monthly Fresh Pickings eNewsletter [here](#). Each newsletter is chock-full of delicious recipes, tips for healthy living, farm stories, community features and giveaways.

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**Upcoming Opportunities**

- Family Wellness Challenge | September 18-October 15 | [Register Today!](#)
- 10 Week Wellness Challenge | January 8-March 15, 2024
- Live Healthy Iowa 5K | April 13, 2024
- Strut Your Pup Challenge | May 2024
- Go The Distance May | May 1-31, 2024
- Burst Your Thirst Challenge | June 2024
- The Next Step Challenge | September-October 2024

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**Connect with us**

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