Hello from the Wayne/Holmes County SNAP-Ed Team!

Including a high calcium snack between meals is a healthy way to keep hunger in check and stay energized throughout the day. In this newsletter, we share some power-packed snacks that deliver a healthy calcium punch.

The Dietary Guidelines for Americans suggest that Americans get 2 to 3 servings of calcium-rich foods each day to maintain good health. Snacks are a great way to include daily bone-building calcium. Dairy products are a good source of calcium and are also a good source of protein, which helps you feel fuller longer. Including dairy-based snacks is a simple strategy that helps you meet the recommended servings of calcium rich foods each day.

Here are a few ideas from the National Dairy Council for you to try!

- Mix a cup of low-fat milk with a teaspoon of instant coffee and cocoa mix.
- Alternate small slices of apples and mozzarella cheese on skewers or toothpicks.
- Mix fat-free or low-fat plain yogurt with fresh or frozen berries and top with a sprinkle of granola.
- Mixed canned salmon with ricotta cheese and eat on pita wedges.
- Mix diced cucumber with a cup of low-fat or fat-free yogurt, a pinch each of salt, pepper, and dill for a tasty dip with crackers.

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Blueberry Protein Smoothie
Servings 2 | Prep time 10 mins. | Total time 10 mins.

**Ingredients**
- ¾ cup frozen blueberries
- 1 ripe banana
- 1 cup skim milk
- 3 ounces silken tofu
- ½ cup orange juice (juice from 1 orange)
- 1 teaspoon lime juice, ~1/2 lime (optional)

**Instructions**
1. Combine all ingredients in a blender
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours

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Creamy Pumpkin Dip
Servings 8 | Prep time 15 mins. | Total time 15 mins.

**Ingredients**
- 1 15 ounce can pumpkin
- 1 cup plain or vanilla low-fat yogurt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg (optional)
- 2 cups cut fruit for dipping

**Instructions**
1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. In a large bowl, combine pumpkin, yogurt, cinnamon, and nutmeg. Stir until smooth.
3. Serve immediately with cut fruit.

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Did you know that weight bearing activities also helps to strengthen your bones? Activities that require your body to make impact with the ground, such as walking, jogging, climbing stairs, hiking, and dance are all considered weight bearing and are excellent activities that help to build bone strength! Here are some tips to help you get started.

- Wear good supportive shoes.
- Warm up. Start at a slow pace and gradually increase.
- Pay attention to your breathing. Walk at a pace that challenges you, but don’t over do it. You should be able to carry on a conversation while walking.
- Use good posture. Keep your head up, back straight and gently swing your arms.
- Be sure to carry water.

Resources used: MyPlate.gov, SNAP-Ed photo gallery, USDA Dietary Guidelines for Americans, National Dairy Council, CelebrateYourPlate.org