

# Pick a Better Snack™

The primary focus of the Pick a better snack (PABS) curriculum is to **increase fruit and vegetable consumption** among children in grades K-3. In each monthly lesson, Nutrition Educators share a nutrition topic, introduce one new fruit or vegetable, while encouraging students to try it. Educators also lead the students in a classroom physical activity break.

The lessons can be delivered in person, virtual live, and pre-recorded.

In 2019, Pick a better snack reached 14,078 students in 125 eligible elementary schools across the state. Teachers reported that after PABS, students were *more likely to bring a fruit or vegetable as a snack and less likely to drink soda or other sugar-sweetened beverages.*



Each 30 minute lesson is taught by a Maine SNAP-Ed Nutrition Educator and includes hands-on learning, food sampling, and physical activity. There are 6-8 lessons featuring a new fruit or vegetable each month.



## Cauliflower



In its early stages, cauliflower looks like broccoli, which is its closest relative. While broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.

**Varieties**  
 There are two types of cauliflower:  
 • Creamy white — more popular in the United States  
 • Cauliflower-broccoli hybrid — recently developed, this type of cauliflower looks like broccoli.

**Uses**  
 Cauliflower can be eaten raw or cooked. Steam or microwave, instead of boiling, to better preserve its vitamin content.

**Nutrition Facts**  
 • Fat free  
 • Cholesterol free  
 • High in vitamin C  
 • High in folate  
 • High in fiber  
 • Good source of complex carbohydrates

**Pick a better snack!**  
[www.mainesnap-ed.org](http://www.mainesnap-ed.org)

MAINE SNAP-Ed is a program of the University of New England (UNE) in partnership with the Maine Department of Health and Human Services (DHHS). It is funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). For more information, contact the Maine SNAP-Ed Nutrition Educator at 207-221-4560 or mainesnap-ed@une.edu.

## Flower Vegetables

Put an X through the squares of fruits, vegetables, and physical activities you try. Get five in a row for a bingo.

Go to the Park	Carrot	Dribble	Potato	Cauliflower
Apple	Cauliflower	Kick	Canned Pears	Rake
Walk	Dance	Family Ate A Meal Together	Broccoli	Canned Vegetable
Sweet Potato	Play	Frozen Vegetable	100% Juice	Pears
Cabbage	Canned Sweet Potato	Salad Greens	Walk	Applesauce

**Fuel your fun**  
 Eat fruits and veggies.



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Reach out to your local SNAP-Ed Nutrition Educator