

APRIL



Pick a **better snack**™

Walk	Peach	Stretch	Avocado	Asparagus
Celery	Play	Skate	Rhubarb	Toss
		Family Ate Meal Together		
Canned Fruit	Park (Swing)		Play	Plum
Skip	Walk	Celery	100% Fruit Juice	Canned Vegetables
Peach	Dance	Asparagus	Fly a kite	Apricot



<http://www.idph.iowa.gov/inn/pick-a-better-snack>



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an “X” through the squares of fruits, vegetables and physical activities you have tried. A “bingo” is complete when you make a line of X’s diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA’s Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit <http://dhs.iowa.gov/food-assistance> or call 1-855-944-3663 from 8:00-4:30, Monday - Friday, for more information.



MOM TO MOM

Sometimes I think my kids could watch TV all day if I let them. This was a big problem for me last summer. My son spent a lot of his time inside on the couch. This summer, I had the challenge of finding enough activities to keep him busy without spending too much money on camps and classes. He and I spent some time looking through our town's parks and recreation summer activity book and found a lot of things he will enjoy that I can afford and some of them are even free.

~ Jane, mother of one in Iowa



REAL QUESTIONS. EXPERT ANSWERS.

Q Do fruit snacks (packages of gummy product marketed to kids) count as fruit?

A No, fruit snacks are closer to candy than to fruit. They have very little fruit or fruit juice and are mostly made up of sugar, food colorings, artificial flavorings, gelatin and food-grade wax.

FOR ANSWERS TO OTHER HOME AND FAMILY QUESTIONS,
CALL IOWA STATE UNIVERSITY'S ANSWERLINE AT 1-800-262-3804,
WEEKDAYS 9-4, OR EMAIL ANSWER@IASTATE.EDU.

PLAY YOUR WAY.
ONE HOUR A DAY.



Create a fun zone at home and get moving. The American Academy of Pediatrics recommends watching TV no more than an hour or two a day. Turn off the TVs, computers and video games and create some fun physical activity!

Get out some hula-hoops (or other circular object) and see how many things your family can invent to do with the hoop! First allow children to use the hoops in any way they like (making sure that the hoops are used safely). After the children have used the hoops in their own way, adults or older kids can show them different ways to use the hoops.

- Spin the hoop around your waist.
- Make the hoop go round and round on the ground.
- Arrange hoops on the ground and jump over them.
- Make the hoop spin on your arm.
- Create a new game. Move around the hoops without touching them by hopping, jumping, skipping, or walking backwards.

CHILD'S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE