

# DECEMBER



Pick a **better snack**™



 <b>Dance</b>	 <b>Banana</b>	 <b>Park</b>	 <b>Canned Fruit</b>	 <b>Broccoli</b>
 <b>Build</b>	 <b>Jump</b>	 <b>Walk</b>	 <b>Kiwi</b>	 <b>Play</b>
 <b>Cauliflower</b>	 <b>Artichoke</b>	<b>Family Ate Meal Together</b>	 <b>Play</b>	 <b>Skate</b>
 <b>Banana</b>	 <b>Walk</b>	 <b>Broccoli</b>	 <b>Cauliflower</b>	 <b>Banana</b>
 <b>Shoot hoops</b>	 <b>Frozen Vegetables</b>	 <b>Kiwi</b>	 <b>Stretch</b>	 <b>Salad Greens</b>

**PLAY  
YOUR  
WAY.**

**ONE  
HOUR  
A DAY.**



<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

Recently I've noticed how many more fruits and vegetables my two oldest children are willing to eat. My oldest has tried many fruits and veggies at preschool as part of the Pick a better snack™ program and he likes some that I'm not sure I've tried. It's rubbing off on all of us. My toddler can't get enough broccoli! I am happy to buy one new thing each week to encourage their adventurous eating and I know it will pay off as they grow up.

~Erin, Mom of three in Iowa



## REAL QUESTIONS. EXPERT ANSWERS.

**Q** What are ways to cut my grocery bill?

- A**
- Plan your meals and snacks for the week.
  - Make a grocery list from your plan, and only buy what's on the list.
  - Avoid aisles or stores where it's easy to make impulse buys.
  - Choose items on sale and don't shop when you're hungry.
  - Compare the name-brand and store-brand items. Store-brands are often cheaper for the same nutrition.
  - Avoid prepared items such as fruits and veggies that are already cut up. You get more for your money if you cut up the fruits and veggies at home.

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.



Physical activity is important to get your children ready for future success. Physical activity is great for the brain, muscles, bones, the heart, and lungs. There are also lots of easy ways children can be active without equipment.

- Make an indoor bowling alley with homemade pins (made from empty cups or water bottles) and a small soft rubber ball.
- Try shooting hoops with toys when cleaning up (shoot toys into a toy box) or shoot socks into a laundry "basket".
- Crank up the music and boogie down. Music can brighten a day and brings out laughter. What better way to have a great day than by holding a dance night with your family! Turn on the radio or CD player to your favorite music. Let kids take turns using a flashlight as a strobe light for a disco night. Teach children a dance from the past or do something goofy like playing the Limbo.

CHILD'S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE