

FEBRUARY



Pick a better snack™

				
Play	Banana	Build	Peppers	Pineapple
				
Dance	Shoot	Play	Frozen Vegetables	Kick
		Family Ate Meal Together		
Cherry Tomato	Bowl		Cucumber	Banana
				
Pineapple	Stretch	Cucumber	Frozen Fruit	Walk
				
Walk	Peppers	Salad Greens	Park/Climb	Tomato

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

I didn't grow up in the United States and where I'm from fresh fruits and vegetables are really important. Even though my kids were born in the US, I wanted them to learn to eat the foods that are important in my native culture. My parents live with us and they are great role models. The kids see all the proof they need when they see how well their grandparents are. The example they set means so much to me.

~ Nancy, mother of two in Iowa



REAL QUESTIONS. EXPERT ANSWERS.

Q Is fruit punch healthy for my child?

A Fruit punch usually has added sugar and is not considered a healthy choice. When buying juice, look for "100% juice" on the label. 100% juice is a healthy choice, but young children should not drink more than 4-6 ounces per day. Whole fruit is a better choice as it provides fiber, more nutrients, and can keep kids fuller longer.

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.



Winter months are a great time to balance screen time (TV, video games, computer) with play time. Set limits on the total screen time for your child. (The American Academy of Pediatrics recommends no more than an hour or two a day spent watching TV.) Here are some ways to reduce screen time:

- Turn off Saturday morning cartoons and take your child rollerblading or to the zoo.
- As a family, agree to limit TV/DVD/video watching or gaming to two hours (or less) a day.
- Play with a ball instead of a video game.
- Take the TV out of your child's bedroom.

Try some new creative activities this month.

- Learn to hula hoop™.
- Take your family bowling. Teach your kids how to score the game!
- Take advantage of open gym times at local schools or churches.
- Use the garage or basement. Get out your Frisbee™ or ball and have some fun!

CHILD'S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE