

JANUARY



Pick a better snack™

Play	Frozen Fruit	Catch	Garbanzo Beans /Chick Peas	Salad Greens
March	Park/Climb	Run	Canned Fruit	Black Beans
		Family Ate Meal Together		
Black-eyed Peas	Stretch		Walk	Tropical Fruit
Mango	Play	Canned Beans	Papaya	Garbanzo Beans /Chick Peas
Walk	Edamame	Mango	Bowl	Sled

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

My son came home from school one day and said, “Mom, we have to get kiwi!” I thought, “Did he say kiwi or candy?” Since then, I have started asking my kids what fruits and vegetables they try at school and which ones they like. Sure enough, when I buy those fruits and veggies, they don’t go to waste. When I buy fruits and veggies for them I know I’m making the healthy choice the easy choice for them.

~ **Adrienne, a mother of two in Iowa**



REAL QUESTIONS. EXPERT ANSWERS.

Q What type of milk—fat-free, 1%, 2%, whole—is healthier for my family?

A Choose fat-free and 1% milk most often (children ages 1-2 years should drink whole milk). The only difference in the different types of milk is the amount of fat – and calories. The other nutrients, like calcium, protein, and vitamin D, are similar.

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 provides new creative ways to be active outdoors. Check out these fun winter activities!

- Organize a sledding or skating party with your family or the whole neighborhood.
- Build a snow fort, snow person, or even throw some snowballs!
- When it’s too cold to play outside, take the family to the nearest mall to take a brisk walk and do some window shopping.
- Visit the library. It is a great resource for children and adult fitness videos and books. You can be physically active together – and it is free!

Getting 60 minutes a day of physical activity in **any** form can help keep kids healthy. During the winter months, children spend a lot of time indoors. When picking indoor activities, select those that will offer some type of physical activity. Bowling, skating or walking the mall are more active choices than watching a movie.

CHILD’S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE