

MAY



Pick a better snack™

Walk	Spinach	Play	Ride	Strawberry
Catch	Plant	Walk	Blueberry	Frozen Vegetable
		Family Ate Meal Together		
Strawberry	Jump		Canned Vegetables	Blackberry
Kale	Play	Spinach	Run	Stretch
Park (Side)	Spinach	Raspberry	Kale	Frozen Berries



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 kids have their opinions about certain things. Since they started tasting so many fruits and vegetables as part of nutrition education at school, they have really found their voice when it comes to the foods they enjoy. They have learned that you can't decide if you like a food until you try it at least once and sometimes several times. They help me make my grocery list each week and I know when they tell me they like a fruit or vegetable that they will eat it and I don't have to risk it going to waste.

~ Tracey, Mother of two in Iowa



REAL QUESTIONS. EXPERT ANSWERS.

Q What's the best beverage for my thirsty child?

A Most of the time, water is the best choice when your child is thirsty. It's not expensive or full of sugar, like pop, fruit punch, fruit drinks and sport drinks. You may not realize that children rarely need sports drinks. It's only when they compete in a vigorous exercise for more than an hour and sweat a lot that children may need a sport drink in addition to water. Make water the go-to drink!

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.



Children can be active after school, on the weekends and in the upcoming summer months. Make a schedule with neighbors to take turns watching children play together. This helps keep your children in a safe environment.

Everyone needs activity. Play with your kids every day. This is fun for them and fun for you too!

- Schedule time to play with your kids and work on yard work at the same time.
- Work on your garden and plant your favorite vegetables and try a couple new ones. Remember to have the kids help!
- When in doubt take out the Frisbee™, football or baseball and enjoy the great outdoors with a nice game of catch.
- Wash the family car or dog together!
- Fly a kite.
- April showers bring May flowers... go puddle stomping! Don't forget the rain boots!

CHILD'S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE