

# NOVEMBER



Pick a better snack™



				
Play	Cranberries	Walk	Acorn Squash	Grapes
				
Stretch	Hike	Park/Swing	Sweet Potato	Play
		<b>Family Ate Meal Together</b>		
Carrot	Skip		Toss	Cranberries
				
Canned Vegetables	Run	Canned Fruit	100% Fruit Juice	Sweet Potato
				
Walk	Raisins	Ride Bike	Carrot	Jicama



**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 my seven-year old and ten-year old girls have started to change their picky eating habits. Their nutrition educator Jennifer comes to their classroom on a regular basis and gives them tastings of fruits and vegetables. Now they tell me they would like me to buy broccoli, kiwi and grapefruit. Those are words I never thought I'd here when they were younger, but I'm so glad they are encouraging all of us in the family to eat healthy foods.

~ Jodi, Mother of two.



### REAL QUESTIONS. EXPERT ANSWERS.

**Q** Do I lose the vitamins from my vegetables if I microwave them?

**A** Microwaving food usually requires less water and a shorter cooking time than traditional cooking methods. Because of these factors, there may be less vitamin loss when microwaving vegetables. It's not necessary to buy steamer bags of vegetables. They usually cost more or have fewer vegetables than regular bags. Just use a microwave-safe bowl and add the amount of frozen or fresh vegetables needed (and a little water if steaming them).

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.



Parks are a great place to be active. Go to [www.iowadnr.gov/parks/](http://www.iowadnr.gov/parks/) to explore parks near you. While at the park take a hike! Look for these ten items when you walk, whether it's around your block or at a park! Can you spot them all?

- |           |                |
|-----------|----------------|
| 1. Leaf   | 6. Bird's nest |
| 2. Acorn  | 7. Feather     |
| 3. Tree   | 8. Water       |
| 4. Animal | 9. Pinecone    |
| 5. Rock   | 10. Bird       |

*Adapted from Penn State Cooperative Extension.*

Children naturally love to move their bodies, but adults need recess too! Head to the neighborhood playground and help your kids swing, slide, and climb on the monkey bars. Children love spending time with their parents. Play a game of tag, hide and seek, or Frisbee™. Kids can create a new twist on an old favorite to make it fun. Get a giant Frisbee™ to throw, or find a new variation for tag.

CHILD'S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE