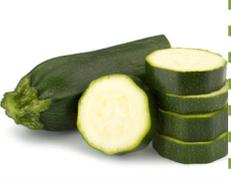


SEPTEMBER



Pick a better snack™

 Park/Slide	 Cucumber	 Ride (a bike)	 Zucchini	 Cantaloupe
 Run	 Play	 Stretch	 Tomato	 Walk
 Salad Greens	 Hike	 Family Ate Meal Together		 Watermelon
 Summer Squash	 Play	 Frozen Vegetable	 Canned Fruit	 Catch
 Frozen Fruit	 Honeydew Melon	 Jump	 Walk	 Zucchini

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.



NOTE TO PARENTS:

Your child will participate in a nutrition education program at school this year. The purpose of the program is to help kids learn to like healthy foods in a fun and supportive environment. Hopefully you will see some changes in your child at home!

Please keep an eye out for a Pick a better snack™ newsletter and bingo card to come home with your child each month. Each of these contains tips and information to make eating healthy easy and inexpensive.

Do you wish your child would sit less and move more? The bingo card encourages kids to be active for at least one hour each day through active play. We encourage you to join in the fun and Play Your Way as a family.

Have a great school year!



REAL QUESTIONS. EXPERT ANSWERS.

Q How many fruits and vegetables does my child need every day?

A Elementary-aged children need 1-1 ½ cups of fruit and 1 ½ - 2 cups of vegetables every day. How can you help your kids meet that goal? At meals, make half their plate fruits and vegetables and keep fruits and vegetables on-hand for snacks.

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 need to be active for 60 minutes a day. What better way than to play! Children were born to play. They don't need to do structured aerobics or jog laps around the track. As long as kids are moving their bodies, it counts as physical activity

- **Play Inside:** Turn off the TV and play an old-fashioned game of hide and seek. Clear a space for wiggling, dancing, and playing with soft toys.
- **Play Outside:** The options for outdoor play are unlimited – bikes, trikes, scooters, balls, kites, Frisbees™, jump rope, hula hoops™, hopscotch and tag.
- **Play at the Park:** Walk or bike to the park near you. When the weather is nice, take a picnic and play before dinner.
- **Family Fun in the Sun:** Splash in the pool, run through the water sprinklers, and dust off the Slip'n Slide™.

CHILD'S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE