

DECEMBER

Fuel your fun

Eat fruits and veggies.



B	I	N	G	O
 Dance	 Banana	 Snow Angels	 Canned Fruit	 Carrots
 Build Snowman	 Jump	 Walk	 Kiwi	You Choose! Any Fruit or Vegetable
 Potatoes	 Beets	 Family Ate A Meal Together	 Play	 Skate
 Banana	 Walk	 Broccoli	 Cauliflower	 Play
 Shoot Hoops	 Frozen Vegetables	 Kiwi	 Stretch	 Salad Greens

Put an X through the squares of fruits, vegetables and physical activities you try. Get five in a row, column or diagonally for a BINGO!





Roasted Broccoli



- 6 cups broccoli, cut into florets
- 2 tablespoons oil (canola, olive, vegetable)
- Salt and ground black pepper

Spray baking sheet with cooking spray. Wash and cut broccoli into florets. Put broccoli on baking sheet. Drizzle oil over broccoli. Use clean hands to toss broccoli in oil. Spread broccoli evenly on baking sheet. Sprinkle with salt and pepper. Bake for 15 minutes at 425 degrees F. Stir. Bake up to 10 minutes more, if needed.

This recipe is adapted from Iowa State University's Spend Smart. Eat Smart®.



Broccoli and dip make a healthy, tasty snack (just eat more broccoli than dip). 😊



PLAY YOUR WAY!

one hour a day!



Stay Active!

Is winter keeping everyone inside? Balance screen time with play time.

- Use things in your home for active play: set up an obstacle course or jumping area using couch cushions and pillows.
- Use tape to bring outside games in: think hopscotch! Create active play indoors with toys: moving with toy cars or trucks around the house, or pushing a baby doll in a play stroller.
- Turn on the music: Kids love a dance party. Turn on their favorite songs, or your favorite songs from past or present! You can even get crazy and turn off the lights - use flashlights or glowsticks!



CHILD'S NAME

has completed a Pick a **better snack**™ bingo this month.

GROWN-UP SIGNATURE

<http://www.idph.iowa.gov/inn/pick-a-better-snack>

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