

FEBRUARY

Fuel your fun

Eat fruits and veggies.



B I N G O

Play	Canned Vegetables	Build	Peppers	Pineapple
Dance	Banana	Play	Frozen Vegetables	Kick
Curtido, Kimchi or Sauerkraut	Bowl		Broccoli	Shoot
Canned Fruit	Stretch	Banana	Frozen Fruit	Walk
Walk	Peppers	Salad Greens	Park/Climb	Tomato Sauce

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!



Bell Pepper Snacks

Mini Peppers. Wash and cut off the stem end of a mini pepper. Pull out the seeds. Stuff the pepper with shredded mozzarella or string cheese.

Peppers and Dip. Wash and cut bell peppers into strips. Eat with hummus or low fat ranch.

Pepper Boats. Slice a bell pepper. Add the slices on top of an English muffin with shredded cheese. Toast under a broiler.

This recipe is adapted from Superhealthykids.com.



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Not a fan of green bell peppers? Try the red, yellow or orange ones for a sweeter taste.

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PLAY YOUR WAY!

one hour a day!



Too Much Screen Time?

Screen time can really add up in colder months! Too much screen time can take away from activity time, but it has also been shown to lower reading scores, create attention problems and increase snacking in children. Some ways to reduce screen time include:

- Keeping screens (TVs, tablets, phones) out of kids bedrooms.
- Turn off the screens during meals. This includes adult phones!
- Treat screen time as a treat, not the norm.
- Setting up specific screen times. During the work week, it is already hard to have dedicated family time. Save the screen time for the weekend and you'll have more time for family meals, physical activity and conversation during the week.

PARENT APPROVED

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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