

# JANUARY

## Fuel your fun

Eat fruits and veggies.



**B I N G O**



Play



Frozen Fruit



Catch



Garbanzo Beans /Chick Peas



Salad Greens



Stretch



Build a Fort



Run



Canned Fruit



Squash



Frozen Vegetables



Stretch



Family  
Ate A Meal  
Together



Snow Angels



Clementines



Kiwi



Play



Canned Beans



Squash



Hummus



Walk



Edamame



Mango



Bowl



Sled

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!



## Mighty Mango Smoothie

- 1 banana
- 1 package (16 ounces) frozen mango
- 8 ounces 100% orange juice
- 8 ounces water, or nonfat or 1% milk

Place all ingredients in a blender and blend until smooth. Serve immediately.

**Tip:** You can use fresh mango instead. Add other frozen fruits you have on hand for a thicker texture. Blend in a handful of spinach, too.



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Plain frozen fruits and vegetables are just as healthy as fresh ones — and are often cheaper and more convenient.

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## Stay Active!

Winter is a great time to get creative with your physical activity.

**Indoors:** Besides being active at home, look for places in your community where you can be active as a family. Indoor community and school pools often have open swim time available. Schools and churches can have open gym time, too. Of course there are indoor jumping facilities, recreation centers and museums to choose from. Finally, scope out your local library; they may have resources you can check out and take home.

**Outdoors:** Being outside in the sunshine feels great even as the temperatures get colder. Getting fresh air for even 15 minutes is better than none at all. Play on the park equipment, go sledding, or go on a winter nature walk to see what you can discover!

**PLAY YOUR WAY!**  
one hour a day!



**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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