

NOVEMBER

Fuel your fun
Eat fruits and veggies.



B I N G O

 Play	 Cranberries	 Walk	 Squash	 Grapes
 Potato	 Play	 Sweet Potato	 Walk	 100% Fruit Juice
 Skip	 Frozen Vegetables	 Family Ate A Meal Together	 Cabbage	 Toss
 Canned Fruit or Vegetable	 Run	 Jicama	 Play	 Sweet Potato
 Kohlrabi or Brussel Sprouts	 Raisins	 Ride a Bike	 Carrot	 Stretch

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!



Cranberries are super healthy, but very tart. We usually sweeten them before eating. Dried cranberries are sweetened and taste great in a trail mix or salad. Fresh cranberries can be made into a sauce or salsa, like this one.

Cranberry Salsa

- 2 cups strawberries, fresh
- 1-2 cups cranberries, fresh
- 1 tablespoon strawberry jelly
- 1 tablespoon sugar



Wash and chop strawberries and cranberries. Mix fruits with the strawberry jelly and sugar. Spread on a graham cracker for a snack. It's great on toast or pancakes, too.



Fresh cranberries are a good price this time of year. Freeze a bag to use later.



Make it Happen!

Kids should be active for at least 60 minutes a day - here are some ideas to make it happen!

- Keep it fun! Different kids like different things, sometimes in the same house! Keep trying new things and stay positive.
- Break it up into smaller chunks. All 60 minutes don't have to be done all at once. Research says that 10 minute increments are just as effective as doing 60 minutes at one time.
- Make it routine. Find times that work for your family to be active and stick with it. If your child has the most energy when they get home from school, be active then! Or maybe they prefer after dinner to burn off some energy before bed!

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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