

OCTOBER

Fuel your fun

Eat fruits and veggies.



B I N G O



Go to the Park



Carrot



Dribble



Potato



Lettuce Greens



Apple



Jicama



Kick



Canned Pears



Rake



Walk



Dance



Family
Ate A Meal
Together



Melons



Canned Vegetable



Sweet Potato



Play



Frozen Vegetable



Skate



Pears



Play



Canned Sweet Potato



Locally Grown
Fruit or Veggie



Walk



Applesauce

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!



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Jicama has a mild taste and satisfying crunch. It stays crisp even when cooked.

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Jicama Sticks

- 1 large jicama, peeled and cut into sticks
- 1 lime (to squeeze over jicama) or lime juice
- Chili powder or Tajin seasoning

Wash jicama well, peel and cut into sticks. Place sticks in a gallon food storage bag. Sprinkle lime juice over jicama. Add chili powder or Tajin seasoning to taste. Seal bag and shake. Serve immediately or place in the refrigerator for several hours for flavors to blend. Refrigerate leftovers for up to one week.



Walk to Learn!

Looking for ways to sneak in some physical activity as a family? Try walking or biking to school! Waiting in the congestion of the parent pick-up lane is no fun for anyone. A 10 minute walk to school and a 10 minute walk home from school makes up one-third of the needed daily physical activity for kids.

Bonus: your kids will arrive at school energized and ready to learn. On the way home, you can reconnect as you talk about your days.

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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