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!

<table>
<thead>
<tr>
<th>B</th>
<th>I</th>
<th>N</th>
<th>G</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park/Slide</td>
<td>Frozen Peas</td>
<td>Ride (a bike)</td>
<td>Dried Beans</td>
<td>Lemon/Lime</td>
</tr>
<tr>
<td>Play</td>
<td>Grapefruit</td>
<td>Run</td>
<td>Orange</td>
<td>Walk</td>
</tr>
<tr>
<td>Sugar Snap Peas</td>
<td>Stretch</td>
<td>Dribble</td>
<td>Frozen Fruit</td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td>Throw</td>
<td>Clementine</td>
<td>Corn</td>
<td>Park/Climb</td>
</tr>
<tr>
<td>Walk</td>
<td>Frozen Vegetable</td>
<td>Canned Fruit</td>
<td>Jump</td>
<td>100% Fruit Juice</td>
</tr>
</tbody>
</table>

*Family Ate A Meal Together*
Clementines and oranges travel well. Take them for a snack when you’re on the go.

What’s Your Move?
Everyone needs physical activity to stay healthy. It can be hard to find the time in your busy day. The national Physical Activity Guidelines state that children need 60 minutes of physical activity every day and adults need 150 minutes a week. Regardless of your age, some physical activity is better than none. The Move Your Way Activity Planner has tools, videos and tips that can make it easier for your family to get more active. You can set your own weekly goals, choose the activities you want to do, and get personalized tips to help you stay motivated!

Fruit Paradise
- 1 can (20 ounces) pineapple chunks in 100% juice, drained
- 1 can (15 ounces) mandarin oranges, drained
- 1 banana, peeled and sliced
- 1 1/2 cups grapes
- 1 cup low-fat vanilla yogurt
- 1/2 teaspoon cinnamon (optional)
- 1/3 cup unsweetened coconut flakes (optional)

Combine all ingredients. Chill and serve.

This recipe is adapted from Live Well Alabama.

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

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