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!
Strawberries are in season now, so they’ll taste the best and cost the least.

Fun This Summer!
Summer is the perfect time to get outdoors! Physical activity can be lots of different things and places in your home and neighborhood.
- At home be active using tools like balls, jump ropes and hula hoops. All get your body moving! Riding bikes, scooters or roller blades are all fun ways to be active on wheels.
- Try getting your hands dirty - plant a garden or get the family involved in cleaning the house. Turn on some music to make it more fun!
- In your neighborhood you can visit the park or playground; they provide a great change of scenery! Try the pool or splash pad to cool off on a hot day.

Berry Banana Popsicles
- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt

Wash strawberries and remove stems before dicing. (Dice means to cut up very small.) Stir all ingredients together in a medium bowl. Pour or spoon mixture into popsicle molds. You could also use paper cups and wooden sticks if you don’t have a mold. Freeze for at least 6 hours – keep in freezer until ready to eat. Before eating, run mold or paper cup under hot water to pull popsicle out easily.

This recipe is adapted from Iowa State University’s Spend Smart. Eat Smart.

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