

Pick a better snack™



**PLAY YOUR WAY!**

one hour a day!

## Pick a better snack™ pledge

I will do my best to:

- ✓ Eat more fruits and vegetables.
- ✓ Be active for 60 minutes or more every day.

\_\_\_\_\_

Name

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. June 2022



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