

# APRIL

# Fuel your fun

Eat fruits and veggies.



## B I N G O

				
Peach	Walk	Stretch	Park/Swing	Asparagus
				
Play	Celery	Skate	Rhubarb	Toss
				
Canned Fruit	Avocado	Family Ate A Meal Together	Play	Dried Fruit
				
Skip	Frozen Peaches	Dance	100% Fruit Juice	Canned Vegetable
				
Guacamole	Walk	Asparagus	Fly a Kite	Apricot

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!



## How to Prepare Asparagus

Wash asparagus under running water. Bend each spear until it snaps. Throw away the woody end and keep the tender end (the tip end).

**Roasted:** Toss asparagus in oil. Sprinkle with salt and pepper. Spread evenly on a baking sheet. Cook for 25 minutes at 400 degrees F.

**Steam:** Put asparagus in a microwave-safe dish with a lid. Add ½ cup water. Microwave for 5 -10 minutes until tender. Season with salt, pepper and a lemon wedge.

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



# PLAY YOUR WAY!

one hour a day!



“Asparagus grows well in Iowa and tastes good fresh, or cooked in many dishes.”

## Be Active Together

Families are powerful role models for kids, and that includes being an active role model! When families are physically active together, there is a greater chance that those kids will have a lifelong love for exercise. Exercise has so many benefits beyond keeping your heart healthy. It's great for emotional and mental health too. Children are more likely to be active when they see their families enjoying the activity too. Play with your child in the living room, in the yard, the playground, or help her learn a new game or skill! Don't worry about being perfect at the activity, children will love whatever activity involves spending time with their parents and loved ones!

**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>

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. July 2020