

DECEMBER

Fuel your fun

Eat fruits and veggies.



B I N G O

				
Dance	Banana	Snow Angels	Canned Fruit	Broccoli
				
Build Snowman	Jump	Walk	Kiwi	100% Juice
				
Cauliflower	Artichoke	Family Ate A Meal Together	Play	Skate
				
Banana	Walk	Broccoli	Cauliflower	Play
				
Shoot Hoops	Frozen Vegetables	Kiwi	Stretch	Salad Greens

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!





Roasted Broccoli



- 6 cups broccoli, cut into florets
- 2 tablespoons oil (canola, olive, vegetable)
- Salt and ground black pepper

Spray baking sheet with cooking spray. Wash and cut broccoli into florets. Put broccoli on baking sheet. Drizzle oil over broccoli. Use clean hands to toss broccoli in oil. Spread broccoli evenly on baking sheet. Sprinkle with salt and pepper. Bake for 15 minutes at 425 degrees F. Stir. Bake up to 10 minutes more, if needed.

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



Broccoli and dip make a healthy, tasty snack (just eat more broccoli than dip). 😊



PLAY YOUR WAY!

one hour a day!



Stay Active!

Is winter keeping everyone inside? Balance screen time with play time.

- Use things in your home for active play: set up an obstacle course or jumping area using couch cushions and pillows.
- Use tape to bring outside games in: think hopscotch! Create active play indoors with toys: moving with toy cars or trucks around the house, or pushing a baby doll in a play stroller.
- Turn on the music: Kids love a dance party. Turn on their favorite songs, or your favorite songs from past or present! You can even get crazy and turn off the lights - use flashlights or glowsticks!



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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