

JANUARY

Fuel your fun

Eat fruits and veggies.



B I N G O



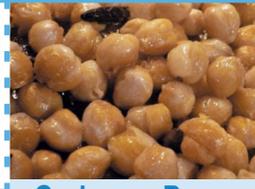
Play



Frozen Fruit



Catch



Garbanzo Beans / Chick Peas



Salad Greens



Stretch



Build a Fort



Run



Canned Fruit



Beans



Frozen Vegetables



Stretch



Family Ate A Meal Together



Snow Angels



Clementines



Kiwi



Play



Canned Beans



Papaya



Hummus



Walk



Edamame



Mango



Bowl



Sled

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!



Mighty Mango Smoothie

- 1 banana
- 1 package (16 ounces) frozen mango
- 8 ounces 100% orange juice
- 8 ounces water, or nonfat or 1% milk

Place all ingredients in a blender and blend until smooth. Serve immediately.

Tip: You can use fresh mango instead. Add other frozen fruits you have on hand for a thicker texture. Blend in a handful of spinach, too.



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Plain frozen fruits and vegetables are just as healthy as fresh ones — and are often cheaper and more convenient.

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PLAY YOUR WAY!

one hour a day!



Winter Fun!

Kids love the snow! There are so many different things to do. Explore the world in the winter by making a maze through the snow, or go for a walk and spot what things look different in the winter. The air is different in the winter too - try blowing bubbles; if it's cold enough, they will freeze! And, of course, kids love making snowmen, building snow forts or making snow angels, throwing snowballs and sledding.

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>

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