

MARCH

Fuel your fun

Eat fruits and veggies.



B I N G O



Park/Slide



Frozen Peas



Ride (a bike)



Canned Vegetable



Lemon/Lime



Play



Grapefruit



Run



Orange



Walk



Sugar Snap Peas



Stretch



Family
Ate A Meal
Together



Dribble



Frozen Fruit



Okra



Throw



Clementine



Salad Greens



Park/Climb



Walk



Frozen Vegetable



Canned Fruit



Jump



100% Fruit Juice

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!





Clementines and oranges travel well. Take them for a snack when you're on the go.



Oranges, clementines and grapefruit are sweet treats all year round, but especially in the winter. They're a great source of vitamin C and fiber—and kids love them! Eat them fresh or make a fruit salad.

Fruit Paradise

- 1 can (20 ounces) pineapple chunks in 100% juice, drained
- 1 can (15 ounces) mandarin oranges, drained
- 1 banana, peeled and sliced
- 1 1/2 cups grapes
- 1 cup low-fat vanilla yogurt
- 1/2 teaspoon cinnamon (optional)
- 1/3 cup unsweetened coconut flakes (optional)



Combine all ingredients. Chill and serve.

This recipe is adapted from Live Well Alabama.



What's Your Move?

Everyone needs physical activity to stay healthy. It can be hard to find the time in your busy day. The national Physical Activity Guidelines state that children need 60 minutes of physical activity every day and adults need 150 minutes a week. Regardless of your age, some physical activity is better than none. The *Move Your Way Activity Planner* has tools, videos and tips that can make it easier for your family to get more active. You can set your own weekly goals, choose the activities you want to do, and get personalized tips to help you stay motivated!

PLAY YOUR WAY!

one hour a day!



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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