

MAY

Fuel your fun

Eat fruits and veggies.



B I N G O

 Walk	 Raspberry	 Play	 Strawberry	 Ride a Bike
 Catch	 Plant	 Blueberry	 Walk	 Frozen Vegetable
 Strawberry	 Swing	 Family Ate A Meal Together	 Canned Vegetables	 Spinach
 Kale	 Play	 Blackberry	 Run	 Canned Fruit
 Park/Slide	 Spinach	 Asparagus	 Kick	 Frozen Berries

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!





Berry Banana Popsicles

- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt



Wash strawberries and remove stems before dicing. (Dice means to cut up very small.) Stir all ingredients together in a medium bowl. Pour or spoon mixture into popsicle molds. You could also use paper cups and wooden sticks if you don't have a mold. Freeze for at least 6 hours – keep in freezer until ready to eat. Before eating, run mold or paper cup under hot water to pull popsicle out easily.

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



Strawberries are in season now, so they'll taste the best and cost the least.



PLAY YOUR WAY!

one hour a day!



Fun This Summer!

Summer is the perfect time to get outdoors! Physical activity can be lots of different things and places in your home and neighborhood.

- At home be active using tools like balls, jump ropes and hula hoops. All get your body moving! Riding bikes, scooters or roller blades are all fun ways to be active on wheels.
- Try getting your hands dirty - plant a garden or get the family involved in cleaning the house. Turn on some music to make it more fun!
- In your neighborhood you can visit the park or playground; they provide a great change of scenery! Try the pool or splash pad to cool off on a hot 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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