

# SEPTEMBER

## Fuel your fun

Eat fruits and veggies.

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!



B	I	N	G	O
 Park/Slide	 Play	 Ride a Bike	 Locally Grown Fruit or Veggie	 Zucchini
 Run	 Cucumber	 Stretch	 Tomato	 Walk
 Eggplant	 Hike	 Family Ate A Meal Together	 Play	 Watermelon
 Summer Squash	 Play	 Frozen Vegetable	 Canned Fruit	 Catch
 Frozen Fruit	 Melon	 Jump	 Walk	 Canned Tomato

## Dear Parents and Caregivers:

Your child is participating in a nutrition education program at school this year called Pick a better snack™. The program helps kids eat more fruits and vegetables by giving them a positive experience with healthy foods.

Each month your child will bring home a bingo card (like this one) and a newsletter. We encourage you to try the foods and activities with your child. Then return the card with a bingo to school.

*Thanks for participating and stay well!*

“

**Ask Your Child**

**What did you eat at school today?** ”

Ask me about **CANTALOUPE**

Ask me about **ZUCCHINI**

Ask me about **TOMATOES**



## PLAY YOUR WAY!

one hour a day!



### 60 Minutes of Fun!

Physical activity is great for kids! Kids need at least 60 minutes of physical activity every day. Physical activity helps your child feel better, stay focused, sleep well and stress less. Plus, it strengthens their bones and muscles and promotes a healthy weight. No need to go to the gym or compete in an expensive sport. As long as your child is moving their body, it counts as physical activity! How does your child like to play?

**PARENT APPROVED**

\_\_\_\_\_  
CHILD'S NAME

has completed a Pick a better snack™ bingo this month.

\_\_\_\_\_  
GROWN-UP SIGNATURE

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
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. Food of the Month provided by the Department of Agriculture.

June 2023

# OCTOBER

# Fuel your fun

Eat fruits and veggies.

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!



B	I	N	G	O
 Go to the Park	 Carrot	 Dribble	 Potato	 Lettuce Greens
 Apple	 Jicama	 Kick	 Canned Pears	 Rake
 Walk	 Dance	 Family Ate A Meal Together	 Melons	 Canned Vegetable
 Sweet Potato	 Play	 Frozen Vegetable	 Skate	 Pears
 Play	 Canned Sweet Potato	 Locally Grown Fruit or Veggie	 Walk	 Applesauce

“

**Jicama has a mild taste and satisfying crunch. It stays crisp even when cooked.**

”

## Jicama Sticks

- 1 large jicama, peeled and cut into sticks
- 1 lime (to squeeze over jicama) or lime juice
- Chili powder or Tajin seasoning

Wash jicama well, peel and cut into sticks. Place sticks in a gallon food storage bag. Sprinkle lime juice over jicama. Add chili powder or Tajin seasoning to taste. Seal bag and shake. Serve immediately or place in the refrigerator for several hours for flavors to blend. Refrigerate leftovers for up to one week.



## Walk to Learn!

Looking for ways to sneak in some physical activity as a family? Try walking or biking to school! Waiting in the congestion of the parent pick-up lane is no fun for anyone. A 10 minute walk to school and a 10 minute walk home from school makes up one-third of the needed daily physical activity for kids.

**Bonus:** your kids will arrive at school energized and ready to learn. On the way home, you can reconnect as you talk about your days.

# PLAY YOUR WAY!

one hour a day!



PARENT

**APPROVED**

\_\_\_\_\_  
CHILD'S NAME

has completed a Pick a better snack™ bingo this month.

\_\_\_\_\_  
GROWN-UP SIGNATURE

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.

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. Food of the Month provided by the Department of Agriculture.

June 2023

# NOVEMBER

## Fuel your fun

Eat fruits and veggies.



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!

# B I N G O



Play



Cranberries



Walk



Squash



Grapes



Potato



Play



Sweet Potato



Walk



100% Fruit Juice



Skip



Frozen Vegetables



Family  
Ate A Meal  
Together



Cabbage



Toss



Canned Fruit  
or Vegetable



Run



Jicama



Play



Sweet Potato



Kohlrabi or  
Brussel Sprouts



Raisins



Ride a Bike



Carrot



Stretch





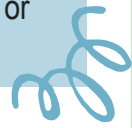
Cranberries are super healthy, but very tart. We usually sweeten them before eating. Dried cranberries are sweetened and taste great in a trail mix or salad. Fresh cranberries can be made into a sauce or salsa, like this one.

## Cranberry Salsa

- 2 cups strawberries, fresh
- 1-2 cups cranberries, fresh
- 1 tablespoon strawberry jelly
- 1 tablespoon sugar



Wash and chop strawberries and cranberries. Mix fruits with the strawberry jelly and sugar. Spread on a graham cracker for a snack. It's great on toast or pancakes, too.



**Fresh cranberries are a good price this time of year. Freeze a bag to use later.**



# PLAY YOUR WAY!

one hour a day!



## Make it Happen!

Kids should be active for at least 60 minutes a day - here are some ideas to make it happen!

- Keep it fun! Different kids like different things, sometimes in the same house! Keep trying new things and stay positive.
- Break it up into smaller chunks. All 60 minutes don't have to be done all at once. Research says that 10 minute increments are just as effective as doing 60 minutes at one time.
- Make it routine. Find times that work for your family to be active and stick with it. If your child has the most energy when they get home from school, be active then! Or maybe they prefer after dinner to burn off some energy before bed!



CHILD'S NAME

has completed a Pick a better snack™ bingo this month.

GROWN-UP SIGNATURE

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
 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.  
 June 2023

# DECEMBER

# Fuel your fun

Eat fruits and veggies.

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!



## B I N G O

				
Dance	Banana	Snow Angels	Canned Fruit	Carrots
				You Choose!
Build Snowman	Jump	Walk	Kiwi	Any Fruit or Vegetable
				
Potatoes	Beets	Family Ate A Meal Together	Play	Skate
				
Banana	Walk	Broccoli	Cauliflower	Play
				
Shoot Hoops	Frozen Vegetables	Kiwi	Stretch	Salad Greens



## 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

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
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. June 2023



# JANUARY

## Fuel your fun

Eat fruits and veggies.

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!



### B I N G O

 Play	 Frozen Fruit	 Catch	 Garbanzo Beans /Chick Peas	 Salad Greens
 Stretch	 Build a Fort	 Run	 Canned Fruit	 Squash
 Frozen Vegetables	 Stretch	 Family Ate A Meal Together	 Snow Angels	 Clementines
 Kiwi	 Play	 Canned Beans	 Squash	 Hummus
 Walk	 Edamame	 Mango	 Bowl	 Sled

## 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.



“

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

”

## Stay Active!

Winter is a great time to get creative with your physical activity.

**Indoors:** Besides being active at home, look for places in your community where you can be active as a family. Indoor community and school pools often have open swim time available. Schools and churches can have open gym time, too. Of course there are indoor jumping facilities, recreation centers and museums to choose from. Finally, scope out your local library; they may have resources you can check out and take home.

**Outdoors:** Being outside in the sunshine feels great even as the temperatures get colder. Getting fresh air for even 15 minutes is better than none at all. Play on the park equipment, go sledding, or go on a winter nature walk to see what you can discover!

**PLAY YOUR WAY!**  
one hour a day!



**PARENT APPROVED**

\_\_\_\_\_  
CHILD'S NAME

has completed a Pick a better snack™ bingo this month.

\_\_\_\_\_  
GROWN-UP SIGNATURE

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
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. June 2023

# FEBRUARY

## Fuel your fun

Eat fruits and veggies.



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!

B	I	N	G	O
 Play	 Canned Vegetables	 Build	 Peppers	 Pineapple
 Dance	 Banana	 Play	 Frozen Vegetables	 Kick
 Curtido, Kimchi or Sauerkraut	 Bowl		 Broccoli	 Shoot
 Canned Fruit	 Stretch	 Banana	 Frozen Fruit	 Walk
 Walk	 Peppers	 Salad Greens	 Park/Climb	 Tomato Sauce



## Bell Pepper Snacks

**Mini Peppers.** Wash and cut off the stem end of a mini pepper. Pull out the seeds. Stuff the pepper with shredded mozzarella or string cheese.

**Peppers and Dip.** Wash and cut bell peppers into strips. Eat with hummus or low fat ranch.

**Pepper Boats.** Slice a bell pepper. Add the slices on top of an English muffin with shredded cheese. Toast under a broiler.

This recipe is adapted from [Superhealthykids.com](http://Superhealthykids.com).



“

Not a fan of green bell peppers? Try the red, yellow or orange ones for a sweeter taste.

”

## PLAY YOUR WAY!

one hour a day!



## Too Much Screen Time?

Screen time can really add up in colder months! Too much screen time can take away from activity time, but it has also been shown to lower reading scores, create attention problems and increase snacking in children. Some ways to reduce screen time include:

- Keeping screens (TVs, tablets, phones) out of kids bedrooms.
- Turn off the screens during meals. This includes adult phones!
- Treat screen time as a treat, not the norm.
- Setting up specific screen times. During the work week, it is already hard to have dedicated family time. Save the screen time for the weekend and you'll have more time for family meals, physical activity and conversation during the week.

**PARENT APPROVED**

CHILD'S NAME

has completed a Pick a better snack™ bingo this month.

GROWN-UP SIGNATURE

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
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. June 2023

# MARCH

# Fuel your fun

Eat fruits and veggies.



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!

B	I	N	G	O
 Park/Slide	 Frozen Peas	 Ride (a bike)	 Dried Beans	 Lemon/Lime
 Play	 Grapefruit	 Run	 Orange	 Walk
 Sugar Snap Peas	 Stretch	 Family Ate A Meal Together	 Dribble	 Frozen Fruit
 Okra	 Throw	 Clementine	 Corn	 Park/Climb
 Walk	 Frozen Vegetable	 Canned Fruit	 Jump	 100% Fruit Juice





**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

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
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.  
June 2023

# APRIL

# Fuel your fun

Eat fruits and veggies.

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!



## 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



Spinach or Kale



Skip



Frozen Peaches



Dance



Locally Grown  
Fruit or Veggie



Canned Vegetable



Guacamole



Walk



Microgreens or  
Leafy Greens



Fly a Kite



Apricot

## 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

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
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. June 2023



# MAY



# Fuel your fun

Eat fruits and veggies.



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!



## B I N G O

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





## 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.**



## 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.

# PLAY YOUR WAY!

one hour a day!



CHILD'S NAME

has completed a Pick a better snack™ bingo this month.

GROWN-UP SIGNATURE

<https://hhs.iowa.gov/inn/pick-a-better-snack>

This institution is an equal opportunity provider.  
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. Food of the Month provided by the Department of Agriculture.