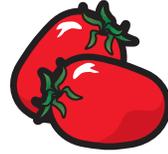
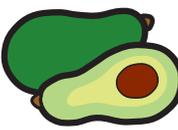
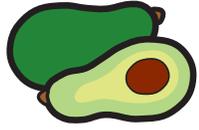
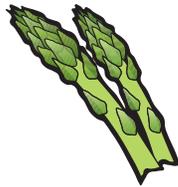
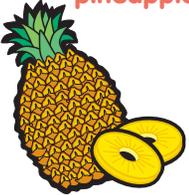


BINGO

Pick a **better snack**™ & **Act**



fly a kite 	artichoke 	kick 	Canned Pineapple 	grape tomato 
skip 	play 	ride 	avocado 	catch 
avocado 	swing 	family ate a meal together	play 	banana 
Frozen Fruit 	walk 	grape tomato 	100% fruit juice 	Canned Vegetables 
ride 	mango 	asparagus 	toss 	pineapple 

Pick a **better snack**™ & **Act** allows you to enjoy a variety of fruits, vegetables and physical activities. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically.

Family Goal Setting

This month make the choice to replace some of the flavored milk your family drinks with white milk. If this is a tough change for you or your kids, try adding a little bit of your own chocolate syrup so you can control the added sugar.



Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

Go to www.yesfood.iowa.gov for more information.

www.idph.state.ia.us/pickabetersnack



Funded by USDA, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.

EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

Be Choosy in the Cheese Aisle

- **Buying:** Choose low-fat cheese most often. Look on the label for the terms “reduced-fat” or “low-fat”. Look at the price per ounce on the shelf price tag to figure out what the least expensive option is. If that isn’t available, compare 8 ounce packages of cheese. Most cheese comes in 8 ounce packages. And, always check the expiration date.
- **Storing:** Store cheese in the original packaging or in a sealed plastic bag. The key is to make sure the cheese is air-tight. Pieces of cheddar, Monterey jack and Swiss cheese can be frozen in blocks or after they’re shredded.
- **Enjoying:** Cheese contains calcium and protein, but it is also a source of saturated fat (solid fat). Eating smaller amounts of cheese will allow your family to enjoy the flavor and texture of cheese but limit unwanted fat and calories. For example, remix your family’s Friday night pizza by adding more veggies and cutting back a bit on the cheese.



www.idph.state.ia.us/pickabetersnack

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Resource:

Discover new strategies and valuable information to help your family establish healthy habits at the Iowa Nutrition Network’s website.
www.idph.state.ia.us/nutritionnetwork



LET’S MOVE!

Let’s Move in the Neighborhood.

The most convenient place to be active is your own neighborhood. Check out these ideas:

- Start walking with your neighbors. Or, take turns watching the kids so you can each go and get active.
- Encourage the kids to get active in the neighborhood by playing games like capture the flag, basketball, or tag.
- Talk to your local YMCA, parks and recreation department, or community center about low or no cost programs in your neighborhood.
- Make it a goal to find a safe walking route near your house.



NAME _____

has played Pick a **better** snack™ & Act bingo this month.

SIGNATURE _____

www.fns.usda.gov/eatsmartplayhardkids

Eat Smart. Play Hard. is the United States Department of Agriculture (USDA), Food and Nutrition Service’s (FNS) Campaign to promote healthy eating and encourage physical activity in children and families. **Power Panther™** is the messenger for this campaign.