

# MARCH



Pick a better snack™

 <b>Park/Slide</b>	 <b>Sugar Snap Peas</b>	 <b>Ride (a bike)</b>	 <b>Canned Vegetables</b>	 <b>Lemon/Lime</b>
 <b>Play</b>	 <b>Grapefruit</b>	 <b>Run</b>	 <b>Orange</b>	 <b>Walk</b>
 <b>Okra</b>	 <b>Stretch</b>	 <b>Family Ate Meal Together</b>		 <b>Frozen Fruit</b>
 <b>Hike</b>	 <b>Clementine</b>	 <b>Dribble</b>	 <b>Salad Greens</b>	 <b>Orange</b>
 <b>Walk</b>	 <b>Frozen Vegetable</b>	 <b>Canned Fruit</b>	 <b>Jump</b>	

**PLAY YOUR WAY. ONE HOUR A DAY.**

<http://www.idph.iowa.gov/inm/pick-a-better-snack>



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. 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. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), 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 <http://dhs.iowa.gov/food-assistance> or call 1-855-944-3663 from 8:00-4:30, Monday - Friday, for more information.



## MOM TO MOM

After my son turned two, I knew it was time for him to switch to low-fat milk. He still needed all of the nutrients from milk, but he didn't need all of the extra fat like he did when he was a toddler. He loved his whole milk so I decided to make the transition slowly. I mixed his whole milk with fat-free for a while and slowly mixed in more and more until he was drinking all fat-free and couldn't even tell the difference. Now I can buy one kind of milk for all of us and we get all the nutrition we need without the extra fat.

~ Katie, Mother of one in Iowa



## REAL QUESTIONS. EXPERT ANSWERS.

**Q** Are canned and frozen fruits and vegetables just as healthy as fresh ones?

**A** In many cases, yes, and sometimes, they're better! Fruits and vegetables processed for freezing or canning are picked at their peak ripeness, a time when they are usually most nutritious. Fruits and vegetables shipped to the produce aisles are sometimes picked before they are ripe, so they have less time to develop a full range of vitamins and minerals. Canned vegetables labeled "no-salt added" and canned fruits "packed in 100% juice" are better choices than those with salt or added sugar.

FOR ANSWERS TO OTHER HOME AND FAMILY QUESTIONS,  
CALL IOWA STATE UNIVERSITY'S ANSWERLINE AT 1-800-262-3904,  
WEEKDAYS 9-4, OR EMAIL ANSWER@IASTATE.EDU.

PLAY YOUR WAY.  
ONE HOUR A DAY.



Get up for a Family Fun Night!  
Plan a week full of fun activity, like riding bikes, miniature golf, or bowling with another family. Make it a nightly thing! Be sure to keep a look out for fun events going on in your community.

Add short segments of physical activity throughout your day. Activity broken into 10-minute segments is just as good as being active all at once.

- Take a short walk before or after dinner. Find new and exciting routes to and from your home. Let the kids make a game out of the walk. Count the trees along the walk, run up steps, or look for street names that contain letters in their names.
- Get moving during commercial breaks. Take turns leading the family through activities. Complete jumping jacks, toe touches, arm circles, jogging in place, and anything else you can think of!
- Set a timer and dance, run, skip and be silly until the timer goes off.

CHILD'S NAME

has played Pick a better snack bingo this month.

SIGNATURE