

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



Family Ate A Meal Together



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.



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

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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

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

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