

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.



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

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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

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

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