

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.

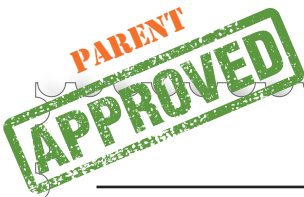


What's Your Move?

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

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

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