

NOVEMBER

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



Cranberries



Walk



Squash



Grapes



Potato



Play



Sweet Potato



Walk



100% Fruit Juice



Skip



Frozen Vegetables



Family
Ate A Meal
Together



Cabbage



Toss



Canned Fruit
or Vegetable



Run



Jicama



Play



Sweet Potato



Kohlrabi or
Brussel Sprouts



Raisins



Ride a Bike



Carrot



Stretch





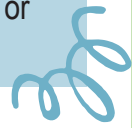
Cranberries are super healthy, but very tart. We usually sweeten them before eating. Dried cranberries are sweetened and taste great in a trail mix or salad. Fresh cranberries can be made into a sauce or salsa, like this one.

Cranberry Salsa

- 2 cups strawberries, fresh
- 1-2 cups cranberries, fresh
- 1 tablespoon strawberry jelly
- 1 tablespoon sugar



Wash and chop strawberries and cranberries. Mix fruits with the strawberry jelly and sugar. Spread on a graham cracker for a snack. It's great on toast or pancakes, too.



Fresh cranberries are a good price this time of year. Freeze a bag to use later.



PLAY YOUR WAY!

one hour a day!



Make it Happen!

Kids should be active for at least 60 minutes a day - here are some ideas to make it happen!

- Keep it fun! Different kids like different things, sometimes in the same house! Keep trying new things and stay positive.
- Break it up into smaller chunks. All 60 minutes don't have to be done all at once. Research says that 10 minute increments are just as effective as doing 60 minutes at one time.
- Make it routine. Find times that work for your family to be active and stick with it. If your child has the most energy when they get home from school, be active then! Or maybe they prefer after dinner to burn off some energy before bed!



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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