

# OCTOBER

# 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
 Go to the Park	 Carrot	 Dribble	 Potato	 Lettuce Greens
 Apple	 Jicama	 Kick	 Canned Pears	 Rake
 Walk	 Dance	 Family Ate A Meal Together	 Melons	 Canned Vegetable
 Sweet Potato	 Play	 Frozen Vegetable	 Skate	 Pears
 Play	 Canned Sweet Potato	 Locally Grown Fruit or Veggie	 Walk	 Applesauce

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**Jicama has a mild taste and satisfying crunch. It stays crisp even when cooked.**

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## Jicama Sticks

- 1 large jicama, peeled and cut into sticks
- 1 lime (to squeeze over jicama) or lime juice
- Chili powder or Tajin seasoning

Wash jicama well, peel and cut into sticks. Place sticks in a gallon food storage bag. Sprinkle lime juice over jicama. Add chili powder or Tajin seasoning to taste. Seal bag and shake. Serve immediately or place in the refrigerator for several hours for flavors to blend. Refrigerate leftovers for up to one week.



## Walk to Learn!

Looking for ways to sneak in some physical activity as a family? Try walking or biking to school! Waiting in the congestion of the parent pick-up lane is no fun for anyone. A 10 minute walk to school and a 10 minute walk home from school makes up one-third of the needed daily physical activity for kids.

**Bonus:** your kids will arrive at school energized and ready to learn. On the way home, you can reconnect as you talk about your days.

# 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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