

# SEPTEMBER

# 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	 Play	 Ride a Bike	 Locally Grown Fruit or Veggie	 Zucchini
 Run	 Cucumber	 Stretch	 Tomato	 Walk
 Eggplant	 Hike	 Family Ate A Meal Together	 Play	 Watermelon
 Summer Squash	 Play	 Frozen Vegetable	 Canned Fruit	 Catch
 Frozen Fruit	 Melon	 Jump	 Walk	 Canned Tomato



## Dear Parents and Caregivers:

Your child is participating in a nutrition education program at school this year called Pick a **better** snack™. The program helps kids eat more fruits and vegetables by giving them a positive experience with healthy foods.

Each month your child will bring home a bingo card (like this one) and a newsletter. We encourage you to try the foods and activities with your child. Then return the card with a bingo to school.

*Thanks for participating and stay well!*

“

**Ask Your Child**

**What did you eat at school today?** ”

Ask me about **CANTALOUPE**

Ask me about **ZUCCHINI**

Ask me about **TOMATOES**



## PLAY YOUR WAY!

one hour a day!



## 60 Minutes of Fun!

Physical activity is great for kids! Kids need at least 60 minutes of physical activity every day. Physical activity helps your child feel better, stay focused, sleep well and stress less. Plus, it strengthens their bones and muscles and promotes a healthy weight. No need to go to the gym or compete in an expensive sport. As long as your child is moving their body, it counts as physical activity! How does your child like to play?

**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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