Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete this card by putting an “X” through the squares of fruits, vegetables and physical activities that you have tried. Complete the card by putting an “X” through the squares of fruits, vegetables and physical activities you have tried. A “bingo” is complete when you make a line of X’s diagonally, horizontally, or vertically.
KEEPPING THE JUNK FOOD OUT

I’m Martha and I have three children, two are older and one is 9. Boy is is different raising my youngest than it was when my older children were little. He sees so much advertising for junk food and fast food restaurants on TV and on the computer. I don’t want him to get into the habit of eating high-fat food just because it is fast.

I’m so glad that he has Pick a better snack™ lessons at school. He tries a new fruit or veggie every month and now he asks me to buy those foods to have at home. He has shared what he is learning and now I ask him to help me make the grocery list and I buy what he asks for. Now that he is sharing what he tries at school and helping me shop, I know our fresh fruits and veggies won’t go to waste because he will eat them.

He still asks for cookies sometimes, but we’re doing a lot better!

I know he is on the path to make healthy choices throughout his life and that gives me peace of mind that he can stand up to all of the advertising coming at him.

PARENT QUESTIONS

Have you heard or seen the campaign “Play your way, one hour a day”?
  a. Yes
  b. No
  c. Only on these bingo cards
  d. Don’t know

How many days in the past week was your family active together?
  a. Never
  b. 1-2 days
  c. 3-4 days
  d. 5-6 days
  e. Every day

What would you like to tell us about the Pick a better snack™ program at your child’s school?

________________________
________________________

CHILD’S NAME

has played Pick a better snack™ bingo this month.

________________________
SIGNATURE