DECEMBER

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.

PLAY YOUR WAY.
ONE HOUR A DAY.

www.idph.state.ia.us/pickabettersnack

Funded by USDA, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.
A HEALTHY ROLE MODEL FOR MY STUDENTS

My name is Candy and I teach a rambunctious class of third graders in Davenport. I love coming to work because my students bring joy and fun into our classroom every day. This year we had the opportunity to have Pick a better snack™ lessons in our class and boy did we have a ball.

My students have become adventurous eaters who will try almost anything. Our nutrition classes reminded me of how important it is for me to be a role model for my students. Next to their parents, I am the adult who spends the most time with them and I take that role seriously. I see how they mimic what I do and what their parents do.

I have not only tried to model healthy behaviors by eating healthy foods in front of my students, but I started to work health into other subjects, like math! We don’t just add up numbers, we figure out how much money we will need to buy a healthy snack at the grocery store!

To all those parents out there struggling with a picky eater, here are some tips from my class:

- Always try a small bite. You don’t have to like every food, but always give it a try. It is hard to avoid saying “you won’t like that”, after all no one likes to see food wasted, but it’s worth it to encourage kids to explore new foods and not be afraid.
- Make fruits and veggies part of every meal! Add fruits and veggies to your favorite foods like pizza and mac and cheese.
- Cook together! Kids love to eat things they have had a hand in cooking – they can wash, stir, pour, measure and mix. Meals don’t have to be fancy, keep it simple and fun.

PARENT QUESTIONS

I read at least one Pick a better snack™ newsletter so far this year.

- a. Yes
- b. No
- c. I don’t receive parent newsletters.

I tried one of the tips or the recipe from this month’s Pick a better snack™ newsletter.

- a. Yes
- b. No
- c. I don’t receive parent newsletters.

*If you do not see a parent newsletter in your child’s backpack, it may be printed on the back of your school lunch menu.

CHILD’S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE