FEBRUARY

<table>
<thead>
<tr>
<th>play</th>
<th>banana</th>
<th>build</th>
<th>pepper</th>
<th>potato</th>
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</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td>dance</td>
<td>sled</td>
<td>play</td>
<td>run</td>
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<tr>
<td>mushroom</td>
<td>bowl</td>
<td>shoot hoops</td>
<td>banana</td>
<td></td>
</tr>
<tr>
<td>apple</td>
<td>kick</td>
<td>potato</td>
<td>100% fruit juice</td>
<td>mushroom</td>
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<tr>
<td>walk</td>
<td>kiwi</td>
<td>cantaloupe</td>
<td>climb</td>
<td>lemon/lime</td>
</tr>
</tbody>
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www.idph.state.ia.us/pickabettersnack

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.
Hey, I’m Tracy and my daughter is seven years old.

Healthy eating is something we struggle with a lot. My husband and I are overweight and we’re trying hard to spare her from the challenges we’re dealing with.

I love veggies, but my husband hates them! We both agree that we need to raise her to love them because we want her to be healthier. We’re trying to introduce fruits and veggies in interesting ways.

We’re on a roll right now and her healthy eating classes at school have helped a lot. She has Pick a better snack™ lessons at school and she is excited to tell us about the foods she tries. I know she’ll eat what she tries at school, so she helps me make my shopping list.

I found that the best thing for all of us is to only buy the food I want us to eat, not the junk food I always regret eating later.

If I don’t buy it, I know she won’t eat it and neither will my husband and I.

I have a bowl of fruit like bananas and apples on the counter and I keep some cut up veggies in the fridge. Every week they get eaten because they are the easy snacks around our house now. It was difficult at first, but it gets easier every day. I plan for the right choices so it is easier all week.

Heart disease runs in my family and being overweight puts me at greater risk. I want better for my daughter and I feel good about the changes we’re making!

How many days during the past week did you give your child a fruit for snack? Do not include fruit juice.

a. Never  
b. 1-2 days  
c. 3-4 days  
d. 5-6 days  
e. Every day

How many days during the past week did you give your child a vegetable for a snack? Do not include French fries or vegetable juice.

a. Never  
b. 1-2 days  
c. 3-4 days  
d. 5-6 days  
e. Every day

CHILD’S NAME has played Pick a better snack™ bingo this month.

SIGNATURE