Pick a better snack™ & Act allows you to enjoy a variety of fruits, vegetables and physical activities. 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.

Family Goal Setting
Get moving as a family outside once per week this month. Walk, bike, swim, or play ball.

Iowa’s Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.
Go to www.yesfood.iowa.gov for more information.

www.idph.state.ia.us/pickabettersnack
**PICK A BETTER SNACK.**

**Peaches (Wash. Bite. How easy is that?)**

- **Buying:** Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.
- **Storing:** Store unripe peaches in a paper bag. When they soften slightly, they’re ripe. Store at room temperature for use within 1-2 days.
- **Enjoying:** Fresh peaches are amazing. Or, make a peach smoothie! Combine a chopped peach, a 6 ounce container of low-fat yogurt, ice, and a splash of 1% or fat-free milk in a blender. Blend and drink! (Serves 2)

**Green Beans**

- **Buying:** Choose fresh, brightly-colored beans that snap when bent.
- **Storing:** Refrigerate green beans in a plastic bag, use within 1 week.
- **Enjoying:** Wash green beans. Put ½ inch of water in a pan and bring it to a boil. Drop in the beans and steam for 3-5 minutes. Cook fresh beans in the microwave by adding beans and a splash of water to a microwave-safe bowl. Loosely cover and microwave 3-8 minutes depending on how many beans you’re preparing. Sprinkle with garlic powder or red pepper flakes. Yum!

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**LET’S MOVE!**

**Let’s Move Outdoors**

Summer is here! Head outside and try these fun ways to be physically active as a family:

- Talk to your child’s school about allowing access to school playgrounds during the summer and on the weekends.
- Have an ongoing family or neighbor Olympics. See who can run around the block the fastest, throw a ball the furthest, or hop on one leg the longest.
- Head to the nearest store and find $1 sidewalk chalk or hula hoops. Revive classic games like hopscotch and hula hoop contests.
- Plant a garden in your backyard or in pots on your porch or front step.

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**NAME**

has played Pick a better snack™ & Act bingo this month.

**SIGNATURE**

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