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.
HAPPY SPRING, EVERYONE!

My name is Kathy and I have a fabulous job. I teach kids in Davenport about eating healthy and being active. I have been passionate about health ever since I took my first nutrition class at Iowa State (we won’t discuss how long ago that was 😊). Now I am a dietitian and I have found my calling!

Kids are so curious and food can get them really excited! Every spring we talk about how important milk and dairy products are for our bodies. Of course kids know that dairy foods make our bones and teeth strong and are a good source of some vitamins and minerals that we don’t usually get from other foods.

What many kids don’t know is that the kind of milk you drink matters a lot.

It’s simple really; all milk is the same in terms of the good stuff like calcium, protein and vitamin D. The difference is in the fat and calories. Babies need the extra fat and calories of whole milk when they are little, but once a child turns two, they don’t any longer. At age two, we make the switch to 1% or fat-free milk because we still need the healthy stuff, but we don’t need the fat.

How to make the switch
First mix whole and 2%, then go down to 2% entirely. Follow the pattern by mixing 2% and 1% until you’re ready to drink 1% or fat-free.

Believe me, I have three children and I made the switch with each one. Give it a few weeks and you can switch even the pickiest child!

PARENT QUESTIONS

My child asked me for a fruit or vegetable that is pictured on this bingo card.
  a. Yes
  b. No

We purchased at least one fruit or vegetable that is picturec on this bingo card.
  a. Yes
  b. No

The personal stories on the back of these bingo cards motivate me.
  a. Yes
  b. No

Would you like to tell us your story? If yes, please call 515-281-6047.

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

SIGNATURE