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 everybody! I’m Sarah and I teach nutrition education classes in six schools in Cedar Rapids. I love my job and the kids have come to know me as their Super Snack Lady! We spend thirty minutes together each month and my job is to help them be brave eaters and try new foods. We don’t just try new foods; we are also active together every month. They’re learning how being active doesn’t have to be about sports and it is definitely not a chore. It’s about fun and being a kid!

A common concern I hear from friends and my students’ parents is that they wish they could get their kids to open up and communicate. My advice is to get out and be active with your kids. My dad and I have had our most meaningful conversations while tossing a softball around or fishing.

When kids aren’t in front of a TV or video game, it is much easier to talk with them. I remember as a kid feeling so lucky when my dad would stop what he was doing and play with me!

No organized teams or special gyms, we would just play and talk and laugh. It meant so much to me and I know kids today are looking for that kind of attention too.

Kids need an hour of active play every day to stay healthy and adults do too. So get out and play your way one hour a day!

Did you know that children can receive school meals during the summer months? It’s true! The Summer Food Service Program makes free meals available to children in many communities in Iowa.

To find the site nearest you, contact your local school district’s food service department.

Have a great summer!

CHILD’S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE