NOVEMBER

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.

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.ysfood.iowa.gov for more information.
Hi! I’m Jen and I have two kids, my son is 7 and my daughter is 4. It is important to me that my kids grow up with healthy habits and I have found help in an unlikely place, my son!

He takes Pick a better snack™ classes at school and brings recipes and brochures home with healthy tips on them. I am amazed at what he is willing to try and he has started showing interest in helping me cook and garden. He made his own salad with greens and tomatoes the other night! Now my daughter who is 4 has started to eat healthy foods without a fight and I know it is because she sees him doing it.

He feels so grown up when he sees his younger sister copying him 😊!

We’ve learned that sometimes fruits and veggies can be even quicker to prepare than less healthy snack foods. We keep fruits and veggies read- to-go in the fridge and I just don’t buy junk food so when they want a snack, the easiest thing for them to grab is really healthy and that makes me feel good. When I’m short on time to make dinner, I don’t even cook the veggies, we just eat them raw and everyone’s happy!

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CHILD’S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE