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.
My name is Erika and I have three busy kids who are 13, 10 and 8. We love to cook at our house and I have enjoyed having all three of my kids take Pick a better snack™ classes at their elementary school. The recipes and bingo cards they bring home have given us a new activity to do together. We use the materials each month to cook and shop together, but more importantly, we have conversations about health and habits that I know will help them throughout their lives.

I want them to like fruits and vegetables so they will still eat them when I’m not there to look after them.

I struggle myself with eating enough vegetables and keeping them on hand at home, but my kids are my biggest motivator. When they ask for healthy foods, want to help me cook or cut up veggies for snacks, it makes it so much easier to stay motivated.

We want what is best for each other and I’m so proud to see them starting good habits early. They are keeping me on track too!

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 pictured on this bingo card.
   a. Yes
   b. No

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

SIGNATURE