

# \* Tropical Fruits

Put an X through the squares of fruits, vegetables, and physical activities you try. Get five in a row for a bingo.

# Fuel your fun

Eat fruits and veggies.



B	I	N	G	O
 Dance	 Banana	 Jump	 Canned Fruit	 Pineapple
 Walk	 Jump	 Dribble	 Kiwi	 Play
 Cauliflower	 Artichoke	 Family Ate A Meal Together	 Play	 Hike
 Banana	 Walk	 Pineapple	 Cauliflower	 100% Juice
 Shoot Hoops	 Frozen Vegetables	 Kiwi	 Stretch	 Salad Greens



Pick a better snack™  
  
[www.mainesnap-ed.org](http://www.mainesnap-ed.org)



# Mealtime Solutions

Busy weekdays don't have to mean take-out dinners.

- **Plan ahead.** Plan the meals for the week, make a shopping list, then make one trip to the store.
- **Keep quick go-to foods on hand.** Foods like eggs, pasta, tortillas, and frozen veggies are healthy staples.
- **Prepare a meal in advance.** Spend a few hours on Sunday to prepare a recipe that can feed the family for a couple of days. Store it in the refrigerator and serve the next day.



**Q:** How can I get my child to drink fewer sugary beverages?

**A:** Soda, sports drinks, and fruit punch are popular with children, but these drinks are packed with sugar. Instead, offer water.



- ✓ **Infuse water.** Toss fresh berries, lemons, or limes into water for some flavor. Allow fruit to infuse the water for a few hours or use frozen fruit instead of ice cubes.
- ✓ **Fill a water bottle.** Give your child their own reusable water bottle. Some teachers will let kids bring water bottles to school.
- ✓ **Be a role model.** Let your child see you drink water instead of soda, sweet tea, or other sugary drinks.

# PLAY YOUR WAY!

one hour a day!

**Physical activity is important for your child's health.**

It helps their brain, muscles, bones, heart, and lungs. Active kids are more focused, get better test scores, and sleep better.

**The weather is getting warmer so it's easier to be active:**

- **Follow the line.** Use colored chalk to draw a straight and curvy path. Tell the kids to hop, jump, or scooter along the line.
- **Plan a cleaning day.** Involve the family in spring cleaning.
- **Pick up trash in the yard and neighborhood.** Wear gloves for protection.
- **Walk, don't drive.** Walk with your child to a nearby grocery store, park, or school. It feels good to connect with nature.



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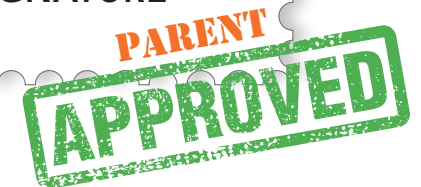
**CHILD'S NAME**

\_\_\_\_\_

has completed a Pick a better snack™ bingo this month.

\_\_\_\_\_

**GROWN-UP SIGNATURE**



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This institution is an equal opportunity provider. Maine SNAP-Education is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community coalitions. Maine SNAP-Education educates low-income families on low cost, healthy eating and active lifestyles.

Materials were adapted, with permission, from the Iowa Department of Public Health. Pick a better snack™ materials were created with funding from USDA's Supplemental Nutrition Assistance Program—SNAP.