

Gourd Family

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

le Fuel your fun

Eat fruits and veggies.



B	I	N	G	O
 Play	 Cranberries	 Walk	 Squash	 Grapes
 Potato	 Canned Peaches	 Spaghetti Squash	 Sweet Potato	 Play
 Skip	 Frozen Vegetables	 Family Ate A Meal Together	 Toss	 Dried Apricots/Plums
 Canned Vegetables	 Run	 Cranberries	 100% Fruit Juice	 Sweet Potato
 Walk	 Butternut Squash	 Canned Peaches	 Carrot	 Stretch



Pick a better snack™
www.mainesnap-ed.org



Dried Fruit: The Ready-to-Eat Snack

Kids love fruit in all forms—fresh, frozen, canned, and dried. Dried fruit is an easy snack that adds variety to your child's fruit choices. Because only the water content is removed, the fruit still contains nearly all of its original nutrients.



Dried fruit is great when you're on the go. Look for dried fruit with no added sugar and drink plenty of water to help the natural fiber in fruit do its job!



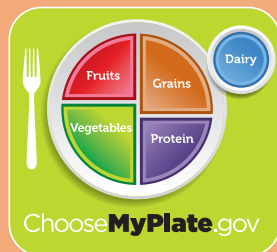
Helpful Tip: Many dried fruits are sticky and can get stuck in your teeth so make sure to rinse and brush your teeth after eating.



Q: How many fruits and vegetables does my child need every day?

A: Children age 4 to 8 years need 1 – 1½ cups of fruit and 1½ cups of vegetables every day. Older kids need more.

Help your child meet this goal—serve fruits and vegetables at meals and keep them on hand for snacks.



PLAY YOUR WAY!

one hour a day!

What can you do to help your child be active at least 60 minutes a day?

- **Schedule it:** Find times in the week when you're both available. Take a walk around the neighborhood after dinner. Make a game out of it — count the trees, run up steps or see how many animals you can spot.
- **Plan for the weather:** Bundle up and head to a park.
- **Take a risk, unplug:** Set a rule that no one can spend longer than two hours per day in front of a screen (playing video games, watching TV, using the computer for fun).

How will your child play instead?



CHILD'S NAME

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

GROWN-UP SIGNATURE



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