

# Citrus 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
 Play Outside	 Frozen Peas	 Sled	 Canned Vegetable	 Lemon/Lime
 Play	 Grapefruit	 Run	 Orange	 Walk
 Sugar Snap Peas	 Stretch	 Family Ate A Meal Together	 Dribble	 Frozen Fruit
 Okra	 Snow Angel	 Clementine	 Salad Greens	 Stretch
 Walk	 Frozen Vegetable	 Canned Fruit	 Catch	 Fruit Juice



Pick a better snack™  
  
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# Healthy Meals Your Kids Will Eat

You can get your family excited about healthy meals. Start with a few of these ideas:

- **Try new foods together.** Let your child pick out a new fruit or vegetable in the grocery store each week and prepare it together.
- **Involve the family in meal planning.** They'll get practice making healthy food choices and will be more eager to eat what's served.
- **Look at sale ads together.** Let your child help you make a shopping list using the sales ad. See if they can spot any fruits or vegetables they've learned about in school!



**Q:** Do gummy fruit snacks count as fruit?

**A:** No. Fruit snacks are closer to candy than to fruit. They have very little fruit or fruit juice and are mostly made up of sugar, food colorings, artificial flavorings, gelatin, and food-grade wax.

# PLAY YOUR WAY!

one hour a day!

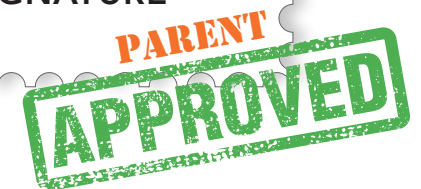
You may not like snow, but your kids probably do. Make winter a little more tolerable and join them in a fun outdoor activity.

- ✓ **Build a snow person.** Find rocks for eyes and twigs for arms. Decorate your snow person with an extra hat or scarf you have.
- ✓ **Make a snow maze:** Shovel your own paths in the snow. See how long it takes to walk through your maze.
- ✓ **Look for footprints:** What animal footprints can you find in your backyard or at the park? Do you see rabbit, squirrel, or deer tracks?
- ✓ **Go sledding:** Grab your sled and find a safe hill to slide down!

CHILD'S NAME

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

GROWN-UP SIGNATURE



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