

Root Vegetables

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

B I N G O

				
Play	Frozen Fruit	Radish	Garbanzo Beans/ Chick Peas	Salad Greens
				
Skate	Play Outside	Walk	Canned Fruit	Beans
				
Frozen Vegetables	Stretch	Family Ate A Meal Together	Snow Angels	Potato
				
Kiwi	Play	Canned Beans	Papaya	Hummus
				
Walk	Carrot	Mango	Bowl	Sled

Fuel your fun

Eat fruits
and veggies.



MAINE
SNAP-Ed
Healthy Eating on a Budget

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



Overcome the Mealtime Battle

Is your child a picky eater? You're not alone. Kids' taste buds are more sensitive to bitter and sour flavors. Your child may not eat all of their fruits or vegetables today, but you can help them become better eaters over time:

- Something old, something new. Serve a new fruit or vegetable with food they already like.
- Choice is king! Show your child two vegetables and ask which one to serve with dinner.
- Dip it! A dollop of dip adds flavor and fun. Vegetables pair well with hummus, guacamole, ranch and cheese.
- Ask your child to help in the kitchen. Kids are more likely to eat something they've helped prepare.

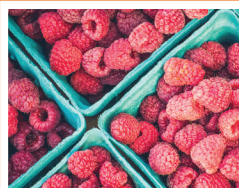


Q: Why is fiber important for my child?

A: Most people, including children, don't eat enough fiber. Fiber helps your child feel full and keeps things moving in their digestive tract. A diet rich in fiber can prevent or relieve constipation. Turn to plant foods such as fruit, vegetables, whole grains and legumes for the fiber your child needs.

Examples of High Fiber Fruits and Vegetables:

- Apples
- Pears
- Lentils
- Pinto beans
- Raspberries
- Blackberries
- Lima beans
- Spinach



PLAY YOUR WAY!

one hour a day!

Playing video games, watching TV and using the computer keep your child from being physically active. Too much screen time has been shown to lower reading scores, create attention problems and increase snacking in children. Limit screen time to two hours or less per day with these tips:

- ✓ **Set a rule:** No TV or video games before school or before homework or chores are done.
- ✓ **Use a timer:** When the timer rings, it's time to take a break from the screen and go out and play!
- ✓ **Keep the TV out of the bedroom:** Your child will be less tempted to watch it.

CHILD'S NAME

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

GROWN-UP SIGNATURE



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