

Pod Vegetables

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
 Walk	 Peas	 Play	 Ride	 Snap Peas
 Catch	 Plant	 Walk	 Blueberry	 Frozen Veggies
 Snap Peas	 Jump	 Family Ate A Meal Together	 Canned Veggies	 Blackberry
 Green Beans	 Play	 Spinach	 Run	 Stretch
 Park/Slide	 Peas	 Raspberry	 Green Beans	 Frozen Berries



Pick a better snack™

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The Food Waste Problem

It's estimated that 30 to 40 percent of the U.S. food supply is wasted. With many people not having enough to eat, it's hard to see food wasted. Also, wasted food means wasted money for your family.

What can you do to minimize food waste?

- ✓ **Plan meals and snacks carefully.** Use what you have on hand first and only buy what you need.
- ✓ **Store leftovers:** Leftovers can be kept in the refrigerator for 3-4 days or frozen for 3-4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.
- ✓ **Practice food safety.** Keep your refrigerator at or below 40°F. Store raw meats in a dish or container in the fridge so juices don't leak onto other foods.
- ✓ **Check dates on food.** If you buy foods with a short "Use By" date, plan to cook or freeze them quickly.



Q: How can I cut my grocery bill?

A: Practice these tried-and-true tips to save money:

- \$ Plan your meals and snacks for the week.
- \$ Create a grocery list from your plan and only buy what's on the list.
- \$ Keep an eye out for sales at your local grocery store.
- \$ Avoid aisles or stores where it's easy to make impulse buys.
- \$ Compare the name-brand and store-brand items. Store brands are often cheaper for the same nutrition.
- \$ Purchase fruits and vegetables that are in season.



PLAY YOUR WAY!

one hour a day!

Gardening is a great way for your family to enjoy the fresh air while also being physically active. There are many ways your child can help in the garden.

- Dig
- Plant seeds
- Pull weeds
- Water plants
- Harvest



CHILD'S NAME

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

GROWN-UP SIGNATURE

PARENT
APPROVED

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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.