

Flower Vegetables

B I N G O



Go to the Park



Carrot



Dribble



Potato



Cauliflower



Apple



Cauliflower



Kick



Canned Pears



Rake



Walk



Dance



Family Ate A Meal Together



Broccoli



Canned Vegetable



Sweet Potato



Play



Frozen Vegetable



100% Juice



Pears



Cabbage



Canned Sweet Potato



Salad Greens



Walk



Applesauce

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.



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



Canned & Frozen are Your Friend

Canned and frozen fruits and vegetables aren't second-rate options. They're often just as healthy as fresh ones. Fruits and vegetables processed for freezing or canning are picked at their peak ripeness, a time when they're usually the most nutritious. Canned and frozen options can help your family eat more fruits and vegetables because they're convenient and often cheaper!



For the healthiest options, choose canned fruits packed in "100% juice" and canned vegetables labeled "reduced-sodium," "low-sodium" or "no salt added."



Q: Do my kids really pay attention to what I eat?

A: You bet they do! Your child will want to eat what you're eating. Keep fruits and vegetables on hand and let your child see you eating them. Do this regularly and eating fruits and veggies will be no big deal. Don't fret if you don't see changes right away. If you eat fruits and veggies, sooner or later, your child likely will, too.



PLAY YOUR WAY!

one hour a day!

You've heard that children need to be active for at least 60 minutes a day. Your child can break up the minutes throughout the day—wherever they are!

- **Inside:** Turn off the TV and play hide-and-seek, reenact a story from a book, or dance to favorite songs.
- **Outside:** Play with bikes, scooters, balls, Frisbees™, jump ropes, or start a game of foursquare or tag.
- **Park:** Climb on the playset, take a hike, or play basketball, kickball, or soccer.
- **School:** Create a plan for your child to walk or bike to school safely.

CHILD'S NAME

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

GROWN-UP SIGNATURE

PARENT
APPROVED

www.mainesnap-ed.org

This institution is an equal opportunity provider. Maine SNAP-Ed 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-Ed 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.