

Core 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
 Park/Slide	 Cucumber	 Ride a Bike	 Apple	 Cantaloupe
 Run	 Play	 Stretch	 Pear	 Walk
 Salad Greens	 Hike	 Family Ate A Meal Together	 Play	 Watermelon
 Pear	 Play	 Frozen Vegetable	 Tomato	 Catch
 Frozen Fruit	 Apple	 Jump	 Walk	 Canned Tomato



Pick a better snack™

www.mainesnap-ed.org



Dear Parents and Caregivers:

Your child will participate in a nutrition education program at school this year called **Pick a better snack™**. The purpose of the program is to give kids a positive experience with fruits and vegetables so that they will eat more of them. We hope you will see changes at home soon!

Keep an eye out for the **newsletter** and **bingo card** your child brings home each month. These have recipes and useful tips to make eating healthy easier and cheaper.

The bingo cards encourage kids to be active and eat well. We invite you to join the fun and Play Your Way as a family to complete a bingo.

Have a great school year!

Ask Your Child

Each month, your child will **taste** a fruit or vegetable and **learn** more about it. You can ask them questions about the fruit or vegetable they tried at school.

- How does it grow?
- Where can we get it?
- Why is it good for you?
- How can we eat it at home?
- Do you want to try it at home?



PLAY YOUR WAY!

one hour a day!

Is your child getting enough physical activity?

Kids need **at least 60 minutes** of physical activity every day. Physical activity helps your child feel better, stay focused, sleep well, and stress less. Plus, it strengthens their bones and muscles and promotes a healthy weight.

No need to go to the gym or compete in an expensive sport. As long as your child is moving their body, it counts as physical activity! How does your child like to play?

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-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.