
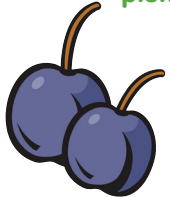











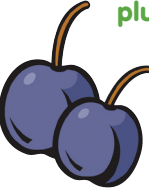






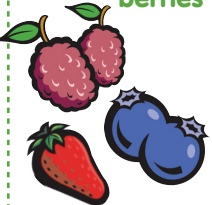
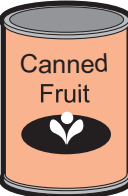

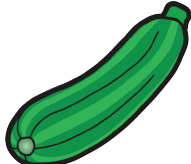


# SEPTEMBER



|  |  |   |  |   |
|--|--|---|--|---|
| slide<br>           | plum<br>        | ride<br>           | zucchini<br>          | apple<br>              |
| run<br>             | play<br>        | stretch<br>        | tomato<br>            | walk<br>               |
| tomato<br>          | rollerskate<br> | family ate a meal together  | play<br>              | plum<br>               |
| lettuce salad<br> | sweep<br>      | apple<br>         | 100% fruit juice<br> | Frozen Vegetables<br> |
| walk<br>          | berries<br>   | Canned Fruit<br> | jump<br>            | zucchini<br>          |

Pick a **better snack™** & Act allows you to enjoy a variety of fruits, vegetables and physical activities. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically.

## Family Goal Setting

School is starting and everyone is getting into their routine. Add one activity to each day this month to keep yourself active. Take the stairs, park at the far end of the lot or walk the dog for ten extra minutes.



Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

Go to [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov) for more information.

[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)



Funded by USDA, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov) for more information.

# EAT SMART. PLAY HARD.™

## PICK A BETTER SNACK.

### Zucchini

• **Buying:** Look for zucchini with bright, shiny skin. The skin should be firm and free of cuts and bruises. Smaller zucchini tend to taste better.

• **Storing:** Store zucchini in a plastic bag in the refrigerator for 4 to 5 days. Do not wash it until you are ready to use it. Cooked zucchini can be stored in the refrigerator as well, but should be used within 2 days.

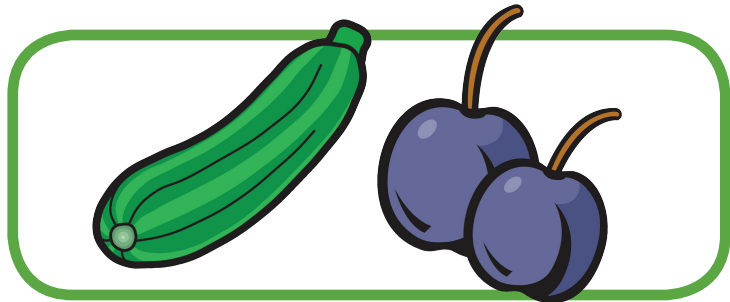
• **Enjoying:** Wash and cut zucchini into slices or little pieces. Sauté on the stove in a pan with a little olive oil. Cut zucchini lengthwise and grill outside for 2-3 minutes per side. Add it to spaghetti and spaghetti sauce, serve with chicken, or add to an omelet.

### Plum (Wash. Bite. How easy is that?)

• **Buying:** Choose plump plums with smooth skins. Avoid bruises and soft spots. Plums come in various colors and they're all tasty.

• **Storing:** Store unripe plums in a paper bag until they soften slightly. Once they soften, they're ripe. Refrigerate ripe plums.

• **Enjoying:** Wash and bite into a fresh plum for a great snack! Or, chop into little pieces and add over frozen or fresh yogurt.



[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)

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### Resource:

Are your kids bored of the same old snacks? Check out [www.morematters.org](http://www.morematters.org) for new fun ideas!



## LET'S MOVE!

### Let's Move and Ride.

Fall is coming! Enjoy the beautiful weather by getting outside and riding:

- Grab your bikes (or borrow one from a neighbor) and helmets and ride to the store or around the neighborhood.
- Go for a family bike ride after dinner or on the weekends.
- Go for a family walk with younger kids in a wagon.
- Ride your bikes to the park for a back-to-school picnic.
- Find information about biking in Iowa at <http://www.bikeiowa.com/asp/trails/trails.asp>



NAME \_\_\_\_\_

has played Pick a **better** snack™ & Act bingo this month.

SIGNATURE \_\_\_\_\_

[www.fns.usda.gov/eatsmartplayhardkids](http://www.fns.usda.gov/eatsmartplayhardkids)

**Eat Smart. Play Hard.** is the United States Department of Agriculture (USDA), Food and Nutrition Service's (FNS) Campaign to promote healthy eating and encourage physical activity in children and families. **Power Panther™** is the messenger for this campaign.