

OCTOBER

Pick a **better snack**™ & **Act**




Pick a **better snack**™. An **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

Take a family walk after dinner at least two times per week this month.



Arkansas' Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Visit <https://access.arkansas.gov/>.



EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

Jicama (Peel. Eat. How easy is that?)

• **Buying:** Jicama looks like a large, round potato with light brown skin. Choose small, firm jicama with no spots or bruises. The larger ones may be somewhat woody.

• **Storing:** Jicama that has not yet been cut can be stored for up to two weeks in a plastic bag in the refrigerator. Once it is peeled or cut it will last for one week in a sealed bag or container in the fridge.

• **Enjoying:** Peel jicama with a vegetable peeler, just like a potato. The inside is bright white and crisp. The flesh tastes like a cross between an apple and a potato. Cut into strips and dip into low-fat ranch dressing or salsa. Add chopped jicama to salads for extra crunch!

Sweet potatoes

• **Buying:** Choose firm, smaller-sized sweet potatoes with smooth skin. Cracks, soft spots and bruises may be signs that the potatoes are past their prime.

• **Storing:** Store sweet potatoes in a cool, dark place and use within 3-5 weeks.

• **Enjoying:** You can make “baked” sweet potatoes in 5 minutes! Wash sweet potatoes. Poke a few times with a fork. Place on a paper towel on a microwave-safe plate. Cook on high for 4-5 minutes. If you’re cooking more than one potato, add 2-3 minutes cooking time for each additional potato. Turn over potatoes halfway through cooking. Top with cinnamon or go spicy with some hot sauce or cayenne pepper.



www.idph.state.ia.us/pickabetersnack

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Resource:

Print off a healthy meal plan customized just for you and your family at www.choosemyplate.gov/tools.html



LET'S MOVE!

Let's Move at School.

It's back to school time! Check out these great tips to get you and your family moving at school:

- Ask your children what they did during recess and after lunch. Encourage your children to be active and go outside during these times.
- Talk to your children about what they are doing in P.E. class. Ask them to teach you the new game or skill they are learning.
- Walk with your children to and from school. Or, take turns with your trusted neighbors walking your kids to and from school.
- Walk or ride a bike to your child's games or sports events.
- Encourage your children's school to be a part of Walk to School Day. Log on to www.walktoschool.org for more information.



NAME _____

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

SIGNATURE _____

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.