

# NOVEMBER



play 	pear 	walk 	acorn squash 	cranberries 
stretch 	climb 	swing 	sweet potato 	play 
Canned Vegetables 	skip 	family ate a meal together		toss 
pear 	100% fruit juice 	sweet potato 	100% fruit juice 	sweet potato 
pumpkin 	jump 	Frozen Fruit 	100% fruit juice 	sweet potato 
dance 	cranberries 	orange 	ride bike 	pumpkin 

## Family Goal Setting

Try one new fruit or vegetable each week this month. Take your kids to the grocery store and pick out something new.

WEEK 1			1	2	3	4	
WEEK 2	6	7		9	10	11	12
WEEK 3	13	14	15	16	17		19
WEEK 4	20	21	22		24	25	26
WEEK 5	27		29	30			

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 [access.arkansas.gov](http://access.arkansas.gov) for more information.



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.

The Arkansas Cooperative Extension Service is an Affirmative Action/Equal Opportunity Employer. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program.

# EAT SMART. PLAY HARD.™

## PICK A BETTER SNACK.

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

- **Buying:** Choose smooth, firm, crisp carrots with deep color and fresh, green tops. They should not bend easily. Avoid carrots with soft spots or cracks.
- **Storing:** Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks. Keep baby carrots in an air-tight plastic bag or container. Baby carrots are usually good for one to two weeks once they're opened.
- **Enjoying:** Peel carrots if you prefer a smooth skin. For smaller bites, cut whole carrots into coins or sticks or buy baby carrots. Try yellow baby carrots for a change! Dip in low-fat ranch, cottage cheese, or salsa.

### Dried Cranberries

- **Buying:** Look for dried cranberries with less added sugar.
- **Storing:** Store in an air-tight plastic bag or container.
- **Enjoying:** Dried cranberries taste great in cereal or oatmeal for breakfast. Add to salads for some extra color and flavor.



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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S. W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

Looking to stretch your food dollar? See if you and your children qualify for food assistance at [access.arkansas.gov](http://access.arkansas.gov)



## LET'S MOVE!

### Let's Move During the Week.

School is in full swing! Check out these ideas for simple ways to be more active during the school week:

- Go for a family walk after dinner, even if it's just around the block.
- Limit the amount of time you and your children watch TV during school nights. Experts recommend no more than two hours per day. Keep TVs out of kids' rooms.
- Get moving during TV commercials. It's a great time to pick up or pack school bags for the next day.
- Talk with a neighbor about going on a daily early-morning or after-dinner walk for exercise and conversation.
- Get enough sleep. It's hard to stay motivated when you're tired.



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.