

# JANUARY

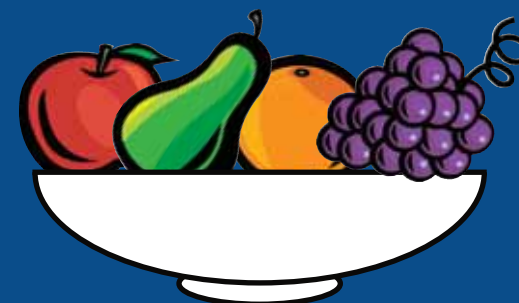
Pick a **better snack**™ & **Act**

<p>play</p>	<p>Dried Fruit</p>	<p>shoot hoops</p>	<p>orange</p>	<p>pepper</p>
<p>march</p>	<p>climb</p>	<p>run</p>	<p>cucumber</p>	<p>sled</p>
<p>Canned Vegetables</p>	<p>kick</p>	<p>family ate a meal together</p>	<p>walk</p>	<p>mango</p>
<p>orange</p>	<p>play</p>	<p>ajicama</p>	<p>100% fruit juice</p>	<p>cucumber</p>
<p>dance</p>	<p>pepper</p>	<p>mango</p>	<p>bowl</p>	<p>Frozen Blueberries</p>

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

Set out a bowl of fruit each week during January for a quick after-school snack. Ask your children for suggestions on which fruits you should buy.



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



# EAT SMART. PLAY HARD.™

## PICK A BETTER SNACK.

### Mango Peel. Eat. How easy is that?

- **Buying:** If you plan to eat your mango right away, choose one that is slightly soft. Ripe mangos will have a slightly sweet smell at their stem end. If you want to enjoy your mango later in the week, choose a firm one. Steer clear of mangos with shriveled or sticky skin.
- **Storing:** Store uncut mangos at room temperature 1-2 days or until ripe. Refrigerate cut mangos for 2-3 days.
- **Enjoying:** Mangos have a large flat seed in the middle. The easiest way to cut a mango is to lay the mango on a cutting board with one flat side down. Mangos can be slippery so adults should do the cutting. Slice the mango lengthwise along the flat side next to the seed. Turn over and do the same thing on the other side! You should have two halves of mango in the skin. Pull the two halves apart and remove the seed. Enjoy the sweet, natural flavor of mangos or spice them up with a dash of chili powder and a splash of lime juice.

### Cucumber Slice. Eat. How easy is that?

- **Buying:** Choose firm, dark green cucumbers. They'll be crisp and flavorful. Try English cucumbers, they are the thinner ones wrapped in plastic.
- **Storing:** Refrigerate cucumbers up to one week.
- **Enjoying:** Wash and slice cucumbers into coins. Cucumbers are delicious dipped in hummus or salsa, but before you dip a cucumber take a bite and enjoy the natural flavor and crunch.



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

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.

### Resource:

Where can you get extra food for your family when money is tight?

[access.arkansas.gov](http://access.arkansas.gov)



## LET'S MOVE!

### Let's Move and Set Goals.

Kick off the year right by setting physical activity goals. Here's how:

- Sit down as a family and talk about ways to have fun and be active as a family.
- Write specific goals for activities that you really can do, like, "walk or ride a bicycle 30 minutes every day." Goals like "get more exercise" aren't specific enough.
- Track your progress at [www.letsmove.gov/sites/letsmove.gov/files/Goal\\_Tracking\\_1.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Goal_Tracking_1.pdf)
- Reward yourself! If you meet your goal, treat yourself. Download a new song to walk to. Head to the library and check out a new book. Buy a new water bottle.
- Talk about your activity goals at family meals. Talk about goals helps you stay on track.
- Don't forget to have fun!



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.