

MARCH

Pick a **better snack**™ & **Act**



slide 	raisins 	ride 	cabbage 	cauliflower 
play 	100% fruit juice 	run 	celery 	skate 
celery 	stretch 	family ate a meal together	catch 	raisins 
Frozen Vegetables 	dance 	cauliflower 	play 	orange 
walk 	broccoli 	Fruit Cocktail 	jump 	cabbage 

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

Start making the switch to 1% or fat-free milk this month. You may need to mix milks for a month or two, but you can make the switch!



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 for more information.



EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

Their bodies change, so should their milk.

Choose fat-free or 1% milk for everybody age 2 and over.

- **Buying:** Fat-free and 1% have all the nutrition of 2% or whole milk with less fat and they are often less expensive! If your family loves higher fat milk, try mixing 2% with fat-free until they don't notice the difference anymore. It's a small change that could save your family money and be good for their health.
- **Storing:** Keep milk and yogurt cold in the main part of the refrigerator, not on the door. Every time the refrigerator door opens, the temperature of the foods on the door fluctuates. The foods in the main part of the refrigerator will stay colder protecting their freshness.
- **Enjoying:** Make your own yogurt parfait. Put a few spoonfuls of low-fat yogurt in a cup or bowl. Add frozen or fresh blueberries, sliced bananas or your favorite fruit on top of the yogurt. Then, sprinkle a few spoonfuls of whole grain cereal of some crunch (the first ingredient on the label will say, "whole grain"). Repeat the steps to make another layer of delicious flavors.



www.idph.state.ia.us/pickabettersnack

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Resource:

Trying to lose weight? See how much food you need each day at www.choosemyplate.gov/tools.html



LET'S MOVE!

Let's Move at Work.

Working adults spend most of the hours of their day at work. Here are some simple ways to be more active during the day:

- Park in the furthest parking spot from the entrance of your work.
- Take the stairs instead of the elevator.
- Walk during a break of lunch hour.
- Stand while talking on the telephone.
- Start a walking club with your co-workers.



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.