

# MAY

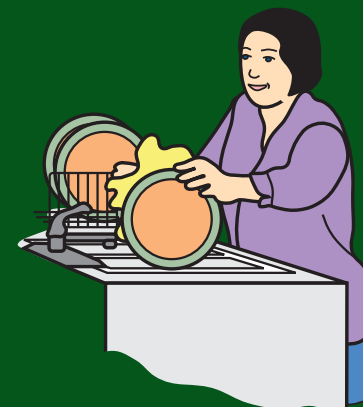
Pick a **better snack**™ & **Act**



<p>walk</p> 	<p>spinach</p> 	<p>play</p> 	<p>asparagus</p> 	<p>strawberry</p> 
<p>bowl</p> 	<p>plant</p> 	<p>walk</p> 	<p>rhubarb</p> 	<p>ride</p> 
<p>rhubarb</p> 	<p>jump</p> 	<p>family ate a meal together</p>	<p>slide</p> 	<p>lettuce salad</p> 
<p>celery</p> 	<p>play</p> 	<p>strawberry</p> 	<p>100% fruit juice</p> 	<p>Canned PEARS</p> 
<p>run</p> 	<p>nectarine</p> 	<p>spinach</p> 	<p>rollerblade</p> 	<p>Frozen Vegetables</p> 

## Family Goal Setting

Get moving during commercial breaks every time you watch TV this month. Dance, pick-up or do dishes during commercials.



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.

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Arkansas  
**SNAP Ed**  
Smart Nutrition-Active People



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.

# EAT SMART. PLAY HARD.™

## PICK A BETTER SNACK.

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

- **Buying:** When buying fresh spinach, choose spinach leaves that are crisp and bright green. Choosing bulk spinach instead of pre-washed, bagged spinach will save money. Frozen spinach is a fantastic option for adding a lot of nutrition to everyday meals and it is very inexpensive.
- **Storing:** Refrigerate fresh spinach in a plastic bag; use within a few days.
- **Enjoying:** Fresh spinach makes a great salad. Simply wash and dry the leaves and you're ready to make a tasty and nutritious salad. Frozen spinach can be defrosted in the refrigerator overnight or by setting the package in a bowl of warm water. Add defrosted spinach to soups, pasta sauce or casseroles for an easy nutrient boost.

### Asparagus

- **Buying:** Choose bright asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.
- **Storing:** Refrigerate asparagus for up to four days by wrapping ends of stalks in wet paper towel and placing in a plastic bag.
- **Enjoying:** Try roasted asparagus! Wash asparagus and cut off the thick end. Spread spears on a large rimmed baking sheet. Drizzle spears with olive oil and roll them around to coat lightly. Roast medium-thick spears in a preheated 400°F oven for about 12 minutes; thin ones about 8 minutes, occasionally shaking the pan to roll them around for even browning. Test with a fork to determine doneness. Spears should be slightly tender throughout and lightly browned.



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

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### Resource:

Did you know many communities offer meals to children throughout the summer at no cost? Call 515-281-5356 between 7:30 a.m. and 4 p.m. Monday through Friday to find out if there is a summer food service site in your community.

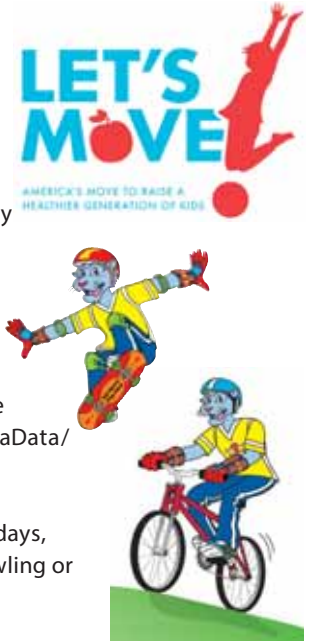


## LET'S MOVE!

### Let's Move on the Weekends.

Who doesn't love the weekend? Take advantage of Saturday and Sunday to get moving as a family:

- Make a routine built around physical activity for your family on the weekends. Try a Saturday morning walk, Saturday afternoon bike ride, or Sunday visit to the park.
- Walk to the store instead of driving.
- Head to the nearest farmers' market. Find the closest one to you at <http://idalsdata.org/lowaData/farmersMarket.cfm>
- Build parties and special occasions, like birthdays, around physical activity. Go roller skating, bowling or play flashlight tag for a special event.



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.