

# JUNE



swim 	apricots 	skate board 	peach 	lemon 
toss 	catch 	camping 	Canned Vegetables 	do cartwheels 
green beans 	walk the dog 	family ate a meal together	ride 	apricots 
peach 	run a race 	lemon 	100% fruit juice 	green beans 
hula hoop 	radish 	pear 	play ping pong 	Frozen Fruit 

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

Get moving as a family outside once per week this month. Walk, bike, swim, or play ball.



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.™

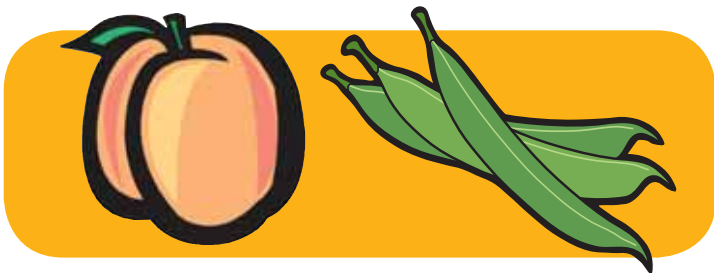
## PICK A BETTER SNACK.

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

- **Buying:** Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.
- **Storing:** Store unripe peaches in a paper bag. When they soften slightly, they're ripe. Store at room temperature for use within 1-2 days.
- **Enjoying:** Fresh peaches are amazing. Or, make a peach smoothie! Combine a chopped peach, a 6 ounce container of low-fat yogurt, ice, and a splash of 1% or fat-free milk in a blender. Blend and drink! (Serves 2)

### Green Beans

- **Buying:** Choose fresh, brightly-colored beans that snap when bent.
- **Storing:** Refrigerate green beans in a plastic bag, use within 1 week.
- **Enjoying:** Wash green beans. Put ½ inch of water in a pan and bring it to a boil. Drop in the beans and steam for 3-5 minutes. Cook fresh beans in the microwave by adding beans and a splash of water to a microwave-safe bowl. Loosely cover and microwave 3-8 minutes depending on how many beans you're preparing. Sprinkle with garlic powder or red pepper flakes. Yum!



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

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### Resource:

Find quick and healthy weeknight meal ideas that your kids will actually eat at [www.morematters.org](http://www.morematters.org)



## LET'S MOVE!

### Let's Move Outdoors

Summer is here! Head outside and try these fun ways to be physically active as a family:

- Talk to your child's school about allowing access to school playgrounds during the summer and on the weekends.
- Have an ongoing family or neighbor Olympics. See who can run around the block the fastest, throw a ball the furthest, or hop on one leg the longest.
- Head to the nearest store and find \$1 sidewalk chalk or hula hoops. Revive classic games like hopscotch and hula hoop contests.
- Plant a garden in your backyard or in pots on your porch or front step.



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.