


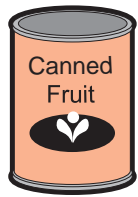













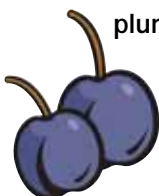




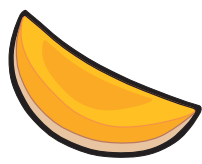


JULY

Pick a **better snack**™ & **Act**

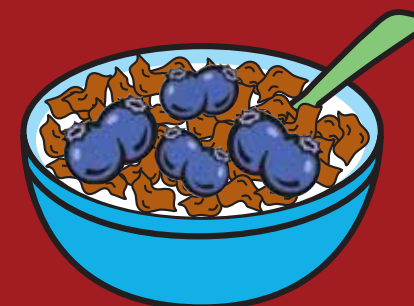


build sandcastle 	sweet corn 	hike 		blueberries 
kick 	play 	dive 	watermelon 	volleyball 
watermelon 	race 	family ate a meal together	paddle 	tomato 
cantaloupe 	wash the car 	blueberries 	100% fruit juice 	plums 
walk in the park 	Frozen Vegetables 	sweet corn 	swim 	cantaloupe 

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

Eat one more fruit serving everyday for a week. Put fruit on your cereal. Grab fruit for a quick snack. Or, enjoy fresh berries for a sweet dessert!



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.™

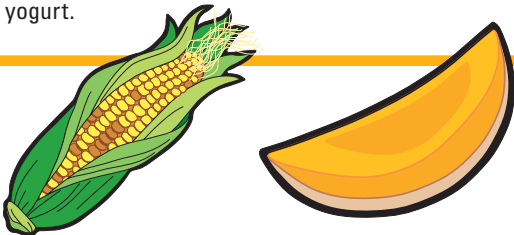
PICK A BETTER SNACK.

Sweet Corn

- **Buying:** Choose ears with green husks, fresh silks and tight rows of kernels.
- **Storing:** Refrigerate corn with husks on for use as soon as possible or within 2 days.
- **Enjoying:** Nothing beats Iowa sweet corn on the cob! Wrap each ear in a damp paper towel and microwave 12-14 minutes, turning every three minutes. For a refreshing main dish, try this taco salad: wash and tear a head of lettuce into bite-sized pieces. Top with black beans, corn, cut up tomatoes, and low-fat Mexican cheese. Serve with salsa or low-fat ranch dressing. You can use canned, frozen or fresh corn for this recipe.

Cantaloupe (Slice. Eat. How easy is that?)

- **Buying:** Choose cantaloupes that are heavy for their size with no visible bruises. The stem end should give slightly to gentle pressure.
- **Storing:** Store uncut cantaloupes at room temperature for up to one week. Refrigerate cut melon in an airtight container up to five days.
- **Enjoying:** Cut cantaloupe in half and spoon out the seeds. Cut each half into three wedges and cut between the skin and the orange fruit. For a fun snack, cut the cantaloupe into bite-sized pieces and dunk in low-fat yogurt.



www.idph.state.ia.us/pickabetersnack

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Resource:

Find out what you should be spending on groceries at <http://www.extension.iastate.edu/foodsavings/plan/foodspendingplan/>

SPENDSMART
EATSMART

LET'S MOVE!

Let's Move at Parks.

Summer is the perfect time to explore local parks. Get out and enjoy green space with these fun ideas:

- Throw a frisbee at the park or play keep away.
- Have a family scavenger hunt and see who can find an acorn, leaf, bird's nest, and squirrel first. Or hunt for a certain color or biggest item, like a rock or leaf!
- Find a fun walking trail at your local park.
- Find a local park or forest at <http://www.discovertheforest.org/where-to-go>
- Pack a healthy lunch and a blanket and spend the afternoon at the park after a picnic lunch.



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.