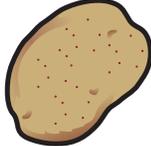
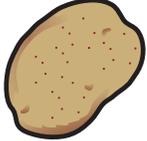
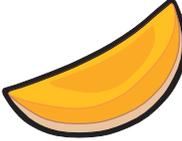


FEBRUARY



play 	banana 	build 	pepper 	potato 
dance 	sled 	play 	Frozen Corn 	run 
mushroom 	bowl 	family ate a meal together	shoot hoops 	banana 
apple 	kick 	potato 	100% fruit juice 	mushroom 
walk 	kiwi 	cantaloupe 	climb 	lemon/lime 

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

Make half your plate fruits and veggies this month. Start by doing this twice a week. Add a salad, a piece of fruit or a cup of microwaved veggies to make every meal more colorful and nutritious.



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.

Bell Pepper (Cut. Eat. How easy is that?)

- **Buying:** Bell peppers come in many colors: red, orange, yellow, green, and purple! Choose firm, bright colored peppers with tight skin. Steer clear of peppers with soft spots or cracks.
- **Storing:** Refrigerate bell peppers in a plastic bag for use within 5 days. Leave sliced peppers in a sealed container in the fridge so they're ready for snacks after school.
- **Enjoying:** Bell peppers taste great fresh. They're sweet and mild; don't worry about heat with bell peppers. Just cut open and remove the seeds. Then, cut into strips and enjoy! Work peppers into your favorite meals by adding them to pizza, pasta, or hash browns. For a tasty treat, cut off the top of a pepper and scoop out the seeds. Put a scoop of low-fat cottage cheese inside the pepper. It's a pepper bowl you can eat that's a fun snack for kids.



www.idph.state.ia.us/pickabetersnack

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Resource:

Save money with the 3 easy steps to family meals at www.extension.iastate.edu/foodsavings/

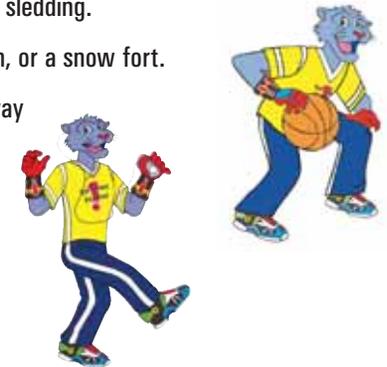
SPENDSMART
EATSMART

LET'S MOVE!

Let's Move in the Winter.

It's cold outside, but that doesn't mean you are stuck inside! Head outside for some winter physical activity and have fun:

- Bundle up and have a family snow fight!
- Head to the nearest hill and go sledding.
- Make snow angels, a snowman, or a snow fort.
- Shovel the sidewalks or driveway together as a family.



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.