JULY

Pick a *better* snack™ & Act

build sandcastle	sweet corn	hike	Canned Fruit	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

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!
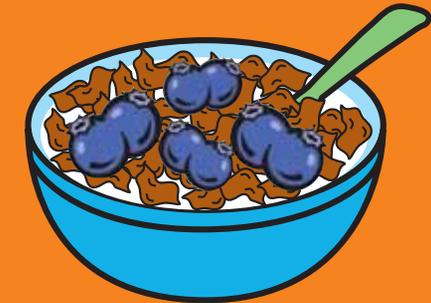
Arkansas' Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.
Go to access.arkansas.gov for more information.

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

Arkansas SNAP Ed
Smart Nutrition-Active People Education

ChooseMyPlate.gov

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.
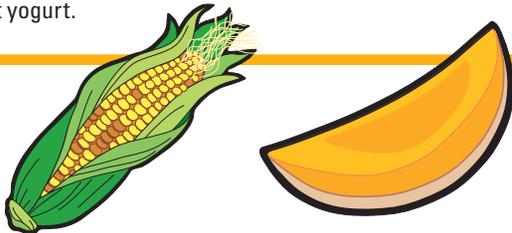
EAT SMART. PLAY HARD.™

PICK A BETTER SNACK.

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.

Resource:

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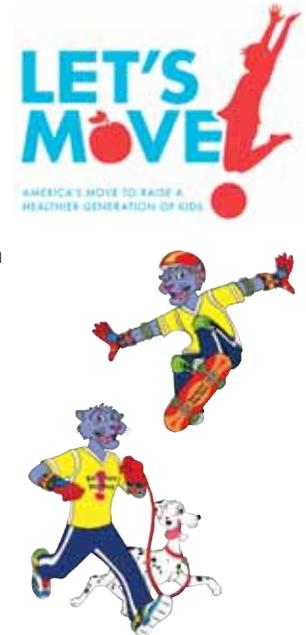
SPENDSMART EATSMART

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.

LET'S MOVE!
AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS

_____

NAME

has played Pick a **better** snack™ & **Act** bingo this month.

_____

SIGNATURE

www.idph.state.ia.us/pickabettersnack

www.fns.usda.gov/eatsmartplayhardkids