

# NOVEMBER



play 	pear 	walk 	acorn squash 	cranberries 
stretch 	climb 	swing 	sweet potato 	play 
Canned Vegetables 	skip 	family ate a meal together		pear 
pumpkin 	jump 	Frozen Fruit 	100% fruit juice 	sweet potato 
dance 	cranberries 	orange 	ride bike 	pumpkin 

## Family Goal Setting

Try one new fruit or vegetable each week this month. Take your kids to the grocery store and pick out something new.

WEEK 1			1	2	3	4	
WEEK 2	6	7		9	10	11	12
WEEK 3	13	14	15	16	17		19
WEEK 4	20	21	22		24	25	26
WEEK 5	27		29	30			

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. Visit [access.arkansas.gov](http://access.arkansas.gov) for more information.



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.

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# EAT SMART. PLAY HARD.™

## PICK A BETTER SNACK.

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

- **Buying:** Choose smooth, firm, crisp carrots with deep color and fresh, green tops. They should not bend easily. Avoid carrots with soft spots or cracks.
- **Storing:** Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks. Keep baby carrots in an air-tight plastic bag or container. Baby carrots are usually good for one to two weeks once they're opened.
- **Enjoying:** Peel carrots if you prefer a smooth skin. For smaller bites, cut whole carrots into coins or sticks or buy baby carrots. Try yellow baby carrots for a change! Dip in low-fat ranch, cottage cheese, or salsa.

### Dried Cranberries

- **Buying:** Look for dried cranberries with less added sugar.
- **Storing:** Store in an air-tight plastic bag or container.
- **Enjoying:** Dried cranberries taste great in cereal or oatmeal for breakfast. Add to salads for some extra color and flavor.



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

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Looking to stretch your food dollar? See if you and your children qualify for food assistance at [access.arkansas.gov](http://access.arkansas.gov)



## LET'S MOVE!

### Let's Move During the Week.

School is in full swing! Check out these ideas for simple ways to be more active during the school week:

- Go for a family walk after dinner, even if it's just around the block.
- Limit the amount of time you and your children watch TV during school nights. Experts recommend no more than two hours per day. Keep TVs out of kids' rooms.
- Get moving during TV commercials. It's a great time to pick up or pack school bags for the next day.
- Talk with a neighbor about going on a daily early-morning or after-dinner walk for exercise and conversation.
- Get enough sleep. It's hard to stay motivated when you're tired.



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.