

# Pick a Better Snack

A family and community newsletter

IOWA<sup>™</sup>  
Health and  
Human Services

## Pineapple

A taste of the tropics! Buy fresh pineapple if it's a good price. Look for pineapple that is plump, with at least some yellow towards the bottom, and has healthy-looking green leaves. If it's not mostly yellow, let it sit for a couple of days on the counter before eating.

Enjoy pineapple plain, in a fruit salad, in yogurt and smoothies, or in a sweet and tangy dish.

To learn how to cut pineapple, scan the code or go to <https://tinyurl.com/8ndj5m>.



SCAN ME



Pick a  
Better  
Snack

Eat Fruits and Veggies



Why should you  
never trust stairs?

Because they're always  
up to something.

Ha!



## Fresh, Canned or Frozen?

Fruits and vegetables don't have to be fresh. Canned, frozen and dried fruits and veggies are nutritious options, too. Which form to choose? Consider:

- Is it in season?
- Do I like the taste?
- Which is cheaper?
- Does it save time?
- How will I use it?

## I-Smile

Oral health is important for good nutrition and overall health. I-Smile coordinators are dental hygienists that can link you and your family to dental care. Find a coordinator at <https://tinyurl.com/4fknfftmor> scan the code.



PLAY YOUR WAY

One Hour  
a Day

## Improve Your Mental Health

Physical activity is so good for our minds! Being active is not just good for your muscles and bones, it can help you think, learn and problem-solve. It also helps with our emotions and can reduce anxiety and depression. Get your family moving for a mood and energy boost!

# February

## B I N G O

				
Play	Canned Vegetables	Build	Peppers	Pineapple
				
Dance	Banana	Play	Frozen Vegetables	Kick
				
Curtido, Kimchi or Sauerkraut	Bowl	Family Ate a Meal Together	Broccoli	Shoot
				
Canned Fruit	Stretch	Banana	Frozen Fruit	Walk
				
Walk	Peppers	Salad Greens	Park/Climb	Tomato Sauce

### TO PLAY:

Put an X through the squares of fruits, vegetables and physical activities you try. Get five in a row, column or diagonally for a BINGO!

