



*Together we can prevent diabetes!*

## Bird Watch (Foshi' Apisachi)

**F**amily walks are a great way to spend time together. As you walk, talk and enjoy nature, remember to be on the look out for birds.

Before you go on the bird watch, pack a backpack with water, whole fruits or another healthy snack and plan a fun walk around the park or your neighborhood.

On the right are a few ideas that can turn a walk around the block into a bird-watching nature walk.

After your walk, find a spot on the grass to sit and enjoy your snack. Show your children how much you care about their health. Share all of the fun things you saw and talk about other walks you will go on together.

### What to do:

Make a list of things you might see or want to look for on your walk:

- Birds in trees or on phone wires
  - ✓ Scissor-tailed flycatcher
  - ✓ Woodpecker
  - ✓ Finch
  - ✓ Sparrow
  - ✓ Blue jay
  - ✓ Robin
- Brightly colored flowers
- Different kinds of trees on your street
- Squirrels playing chase
- Try to spot other animals too!

*In the Eagle books, Mr. Eagle teaches children how to be healthy and prevent diabetes.*

**Scissor-tailed flycatcher**  
State bird of Oklahoma

*Make memories with your children by reading the Eagle books, trying the Eagle recipes and spending time outdoors. They will use these lessons for a lifetime!*



**Robin**

**Woodpecker**

Material funded by USDA SNAP.

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