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## NATIONAL NUTRITION MONTH BINGO CARD

Each day, complete one of the squares. Mark off each square as you go by checking off the apple. Your goal is to complete all 20 squares! Once you finish, submit your bingo card to The Whole U to be entered to win a swag item.

  <p>Include leafy greens in a meal</p>	  <p>Try a new vegetable</p>	  <p>Eat 5 different colored fruits/vegetables</p>	  <p>Have all screen-free mealtimes</p>
  <p>Drink a glass of water before and after each meal</p>	  <p>Try a new recipe</p>	  <p>Participate-in or host a nutritious potluck</p>	  <p>Consume two servings of fruit</p>
  <p>Enjoy a meal with family or friends</p>	  <p>Incorporate whole grains in your breakfast</p>	  <p>Incorporate nuts, chia, flax or hemp seeds into a meal or snack</p>	  <p>Have one serving of beans or lentils</p>
  <p>Make a plant-based meal</p>	  <p>Attend Lettuce Talk Savings in the Kitchen webinar or watch recording</p>	  <p>Log what you eat and drink</p>	  <p>Eliminate added sugars today</p>
  <p>Prepare in advance one meal for today</p>	  <p>Read one article on nutrition. Consider The Whole U's blog</p>	  <p>Drink 8 glasses of water</p>	  <p>Read the nutrition label on a packaged food you're consuming</p>