

20 DAY

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.

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