# Eat fruits and veggies.

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!









Ride a Bike



Locally Grown Fruit or Veggie



Zucchini



Run



Cucumber



Stretch



**Tomato** 



Walk



**Eggplant** 



Hike





Play



Watermelon



**Summer Squash** 



Play



Frozen Vegetable



**Canned Fruit** 



Catch



Frozen Fruit



Melon



Jump



Walk



Canned Tomato





#### **OCTOBER** Eat fruits and veggies. 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! G Go to the Park **Potato Lettuce Greens** Carrot **Kick Canned Pears Jicama** Rake **Apple Family Ate A Meal Together Melons** Canned Vegetable **Dance**







Play



Frozen Vegetable



getable Skate



e Pears



Play



Canned Sweet Potato



Locally Grown Fruit or Veggie



Walk



**Applesauce** 







## **NOVEMBER**

Fue Eat fruits and veggies.



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!



**Play** Cranberries



Walk







**Potato** 





**Sweet Potato** 









Play





Walk



100% Fruit Juice



**Frozen Vegetables** 

**Together** 

Cabbage

Toss







**Jicama** 



Play













**Raisins** 

Ride a Bike



Stretch









# DECEMBER

Eat fruits and veggies.

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!









#### **JANUARY** Füel your fun Eat fruits and veggies.

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!

















/Chick Peas



**Salad Greens** 

Strech

**Build a Fort** 

Run

**Canned Fruit** 

Squash











Frozen Vegetables

Stretch

**Snow Angels** 

**Clementines** 









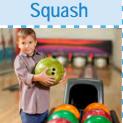


**Kiwi** 



**Play** 

**Canned Beans** 



**Hummus** 











Walk

**Edamame** 

Mango

**Bowl** 

Sled







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!









# MARCH

Fig your tun Eat fruits and veggies.

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!









### Eat fruits and veggies. 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! Walk Stretch Park/Swing Peach















