

SEPTEMBER

Fuel 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!



B I N G O

 Park/Slide	 Play	 Ride a Bike	 Locally Grown Fruit or Veggie	 Zucchini
 Run	 Cucumber	 Stretch	 Tomato	 Walk
 Eggplant	 Hike	 Family Ate A Meal Together	 Play	 Watermelon
 Summer Squash	 Play	 Frozen Vegetable	 Canned Fruit	 Catch
 Frozen Fruit	 Melon	 Jump	 Walk	 Canned Tomato

OCTOBER

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B I N G O



Go to the Park



Carrot



Dribble



Potato



Lettuce Greens



Apple



Jicama



Kick



Canned Pears



Rake



Walk



Dance



Family
Ate A Meal
Together



Melons



Canned Vegetable



Sweet Potato



Play



Frozen Vegetable



Skate



Pears



Play



Canned Sweet Potato



Locally Grown
Fruit or Veggie



Walk



Applesauce

NOVEMBER

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B I N G O



Play



Cranberries



Walk



Squash



Grapes



Potato



Play



Sweet Potato



Walk



100% Fruit Juice



Skip



Frozen Vegetables



Family
Ate A Meal
Together



Cabbage



Toss



Canned Fruit
or Vegetable



Run



Jicama



Play



Sweet Potato



Kohlrabi or
Brussel Sprouts



Raisins



Ride a Bike



Carrot



Stretch



DECEMBER

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B I N G O

				
Dance	Banana	Snow Angels	Canned Fruit	Carrots
				You Choose!
Build Snowman	Jump	Walk	Kiwi	Any Fruit or Vegetable
				
Potatoes	Beets	Family Ate A Meal Together	Play	Skate
				
Banana	Walk	Broccoli	Cauliflower	Play
				
Shoot Hoops	Frozen Vegetables	Kiwi	Stretch	Salad Greens

JANUARY

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B I N G O

 Play	 Frozen Fruit	 Catch	 Garbanzo Beans /Chick Peas	 Salad Greens
 Stretch	 Build a Fort	 Run	 Canned Fruit	 Squash
 Frozen Vegetables	 Stretch	 Family Ate A Meal Together	 Snow Angels	 Clementines
 Kiwi	 Play	 Canned Beans	 Squash	 Hummus
 Walk	 Edamame	 Mango	 Bowl	 Sled

FEBRUARY

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B	I	N	G	O
 Play	 Canned Vegetables	 Build	 Peppers	 Pineapple
 Dance	 Banana	 Play	 Frozen Vegetables	 Kick
 Curtido, Kimchi or Sauerkraut	 Bowl		 Broccoli	 Shoot
 Canned Fruit	 Stretch	 Banana	 Frozen Fruit	 Walk
 Walk	 Peppers	 Salad Greens	 Park/Climb	 Tomato Sauce



MARCH

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B	I	N	G	O
 Park/Slide	 Frozen Peas	 Ride (a bike)	 Dried Beans	 Lemon/Lime
 Play	 Grapefruit	 Run	 Orange	 Walk
 Sugar Snap Peas	 Stretch	 Family Ate A Meal Together	 Dribble	 Frozen Fruit
 Okra	 Throw	 Clementine	 Corn	 Park/Climb
 Walk	 Frozen Vegetable	 Canned Fruit	 Jump	 100% Fruit Juice



APRIL

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B I N G O



Peach



Walk



Stretch



Park/Swing



Asparagus



Play



Celery



Skate



Rhubarb



Toss



Canned Fruit



Avocado



Family
Ate A Meal
Together



Play



Spinach or Kale



Skip



Frozen Peaches



Dance



Locally Grown
Fruit or Veggie



Canned Vegetable



Guacamole



Walk



Microgreens or
Leafy Greens



Fly a Kite



Apricot

MAY

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B I N G O

 Walk	 Raspberry	 Play	 Turnip	 Ride a Bike
 Catch	 Plant	 Blueberry	 Walk	 Frozen Vegetable
 Strawberry	 Swing	 Family Ate A Meal Together	 Canned Vegetables	 Radish
 Kale	 Play	 Locally Grown Fruit or Veggie	 Run	 Canned Fruit
 Park/Slide	 Spinach	 Asparagus	 Kick	 Frozen Berries