

Meal Planning Bingo Challenge

Let's see if we can get 5 across, up, or down this week!

Plan a theme night dinner (like Taco Tuesday)	Plan a meatless meal	Make a dish using seasonal produce	Cook a double batch and freeze half	Prepare a homemade snack for the week
Pack lunch for work or school	Create a meal with five ingredients or less	Use a grocery store coupon or sale item in a meal	Use a slow cooker or Instant Pot recipe	Make a breakfast-for-dinner meal
Include a new vegetable in a meal	Try out a new dessert recipe	Repurpose a leftover into a new dish	Make a meal using only what's in the pantry and freezer	Try a new kitchen gadget or tool
Swap a recipe with a friend or family member	Try a new vegetable recipe	Prepare a meal that takes 30 minutes or less to cook	Make a new sauce	Make a dish inspired by a restaurant favorite
Make a no-cook meal	make a fruit side dish	Try a one-pot or sheet-pan meal	Use up all the fresh produce before it goes bad	Make a dish that's been on your "to-try" list for a while

Kids Eating Bingo Challenge

Let's see if we can get 5 across, up, or down this week!

Try a new fruit	Eat something green	Help prepare a meal	Try a food you didn't like before	Taste something spicy (mildly)
Eat a protein-rich snack (like cheese or nuts)	Try a food from another country	Eat a meal without any distractions (no screens)	Finish all the vegetables on your plate	Drink a glass of water with your meal
Eat a dairy product (like yogurt or milk)	Try a whole grain (like brown rice or whole wheat bread)	Eat something orange	Eat a crunchy vegetable	Try a new snack that's not from a package
Eat something with seeds (like strawberries or chia seeds)	Make a fruit or veggie smoothie	Create a face or design with your food	Eat something with a dip (like hummus or yogurt)	Try a food that's round (like peas or cherry tomatoes)
Eat a leafy green (like spinach or kale)	Try a frozen treat made from fruit	Eat something purple (like grapes or eggplant)	Eat a veggie in a new way (like raw instead of cooked)	Pick a fruit or veggie at the store to try at home

Make Your Own Bingo Challenge

Let's see if we can get 5 across, up, or down this week!
