

NUTRITION BINGO



January 14 - March 10

Cost: Free

All Ages Welcome

Get your New Year started out right by playing **Nutrition Bingo**. Eat a variety of healthy foods & Win Prizes! The more you **BINGO** the better your chances of winning!

MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits	Vegetables	Grains	Protein	Dairy
Apple	Avocado	Bread	Beans	Milk
Blueberries	Broccoli	Cereal	Chicken	Cottage Cheese
Cantaloupe	Corn	Free Space	Eggs	Soy Milk
Grapes	Sweet Potato	Popcorn	Peanut Butter	Cheese
Orange	Tomatoes	Rice	Tuna Fish	Yogurt

Owned and Operated by
Fargo Park District:



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