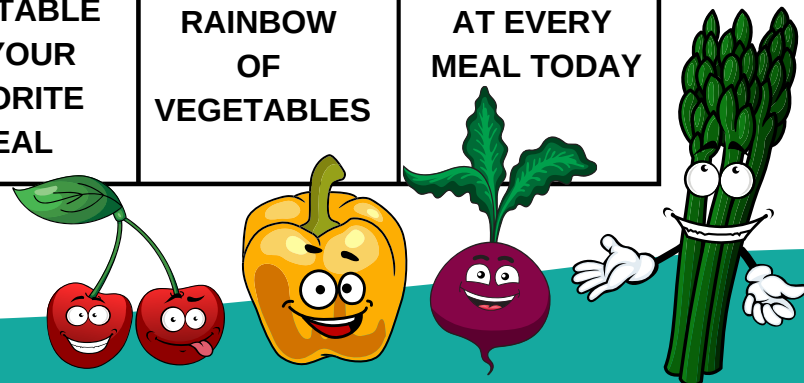




# Hand2Hand

# NUTRITION BINGO

<b>COLLECT FOOD FOR STUDENTS</b> <small>h2hkids.org/individuals</small>	<b>EAT A RED FRUIT</b>	<b>EAT A VEGETABLE AT EVERY MEAL TODAY</b>	<b>PACK A NUTRITIOUS LUNCH FOR SCHOOL/WORK</b>	<b>EAT YOUR FAVORITE VEGETABLE</b>
<b>NAME 3 GREEN VEGETABLES</b>	<b>TRY A NEW VEGETABLE</b>	<b>EAT A FRUIT FOR DESSERT</b>	<b>GO TO A FARMERS MARKET</b>	<b>EAT A WHOLE GRAIN FOR BREAKFAST</b>
<b>EAT YOUR FAVORITE FRUIT</b>	<b>U-PICK FRESH PRODUCE</b>	<b>FREE</b>	<b>MAKE A FRUIT SMOOTHIE</b>	<b>EAT A GREEN VEGETABLE</b>
<b>MAKE A FRUIT SALAD</b>	<b>TRY A NEW FRUIT</b>	<b>VOLUNTEER TO PACK FOOD FOR STUDENTS</b> <small>h2hkids.org/packing-events</small>	<b>EAT YOUR FAVORITE VEGETABLE</b>	<b>COOK A NEW HEALTHY RECIPE AS A FAMILY</b>
<b>MAKE A VEGETABLE STIR FRY</b>	<b>NAME 3 RED FRUITS</b>	<b>ADD A NEW VEGETABLE TO YOUR FAVORITE MEAL</b>	<b>EAT A RAINBOW OF VEGETABLES</b>	<b>EAT A FRUIT AT EVERY MEAL TODAY</b>



### How to play:

1. Complete and cross out one activity each day. Ask friends and family members to donate \$1 to provide food for Hand2Hand students for each activity you complete.
2. A bingo of 5 in a row can be achieved horizontally, vertically, or diagonally.
3. Take a photo with your completed bingo and share it on social media using #WeAreHand2Hand or send it to [nicole@h2hkids.org](mailto:nicole@h2hkids.org) so we can celebrate your impact!
4. Turn in this page and your donations to Hand2Hand to win a fun prize!

