Fall Fruits & Veggies Bingo Challenge

Objective: Enjoy more fruits and vegetables by filling in a complete row of squares (horizontally, vertically or diagonally) in four weeks’ time to honor Fruits and Veggies - More Matters Month!

Time Duration: This is a four-week challenge, but could also be shortened.

How to Play: For every fall fruit and/or vegetable you consume, cross it out on your Bingo card. (Also, pencil in the date in the square whenever a fruit and/or vegetable is eaten.)

Ready, Set, BINGO!
Fall Fruits & Veggies Bingo Challenge

Getting Started:

1. Decide what dates the “Fall Fruits & Veggies Bingo Challenge” will run.
2. Establish a sign-up period (for example, one or two weeks) before the challenge start date.
3. Determine how participants’ Bingo cards will be scored and how Bingo winners will be rewarded. *Remember: Challenge rewards do not have to be tangible. Announcing the “Fall Fruit & Veggie Bingo” winners in an email, eNewsletter and/or flyer are all great ways to give recognition!*
4. Announce the challenge to employees! (This can be done via email, eNewsletter, department intranet, and/or flyers.)
5. At the close of the sign-up period, contact all participants to share the following:
   - A welcome, congrats and/or thank you for participating in the challenge.
   - Dates of when the challenge will begin and end.
   - Instructions on how to play the “Fall Fruits & Veggies Bingo Challenge”.
   - Details about how to submit Bingo cards for scoring and how Bingo winners will be rewarded.
   *NOTE: Don’t forget to BCC participants if contacting them via email.*
6. Print the “Fall Fruits & Veggies Bingo Card” found on the Working for a Healthier Tennessee website and distribute to all participants.
7. Each week of the challenge, send participants a friendly email reminding them to engage in the challenge & have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos.
8. As the four-week challenge comes close to an end, have a Wellness Council member send out a reminder to participants to submit their Bingo cards for scoring and award those who got Bingo!

Materials Needed:

- Sign-Up Sheet (optional)
  *NOTE: Please do not collect any personal or private health information (i.e. weight, age).*
- Bingo Cards
- Prizes (optional)
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<tr>
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<th>I</th>
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<th>G</th>
<th>O</th>
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<tbody>
<tr>
<td>Acorn Squash</td>
<td>Butter Lettuce</td>
<td>Radicchio</td>
<td>Kumquats</td>
<td>Cranberries</td>
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<tr>
<td>Turnips</td>
<td>Pear</td>
<td>Brussels Sprouts</td>
<td>Pumpkin</td>
<td>Swiss Chard</td>
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<tr>
<td>Pomegranate</td>
<td>Grapes</td>
<td>FREE</td>
<td>Broccoli</td>
<td>Persimmon</td>
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<tr>
<td>Cauliflower</td>
<td>Belgian Endive</td>
<td>Mushrooms</td>
<td>Kohlrabi</td>
<td>Pineapple</td>
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<tr>
<td>Delicata Squash</td>
<td>Butternut Squash</td>
<td>Sweet Potatoes</td>
<td>Jalapeño Pepper</td>
<td>Passion Fruit</td>
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Updated June 2019