

Better Bites BINGO Card

Aim to complete a horizontal, vertical and/or diagonal row of healthy eating activities listed.

Check the box for each activity you complete! **Let us know you participated at:**

https://stateoftennessee.formstack.com/forms/wfhtn_better_bites_bingo

B	I	N	G	O
Get The Scoop on Protein .	Have an indoor picnic.	Enjoy a piece of fruit.	Rate your hunger or fullness after a meal.	Explore WFHTN's Recipes .
Use the MyPlate Plan tool.	Take a snack break .	Enjoy a meal with a loved one.	Try a new-to-you healthy recipe .	Cook at home instead of getting takeout.
Give some food gratitude .	Reduce your sodium intake at a meal or snack.	Drink at least 64 ounces of water today.	Make a S.M.A.R.T. Goal related to healthier eating.	Try a new-to-you food.
Take a picture of a healthy meal .	Share a healthy recipe with someone.	Enjoy breakfast .	Make a healthier version of a favorite food.	Choose water instead of a sugary drink.
Take a lunch break .	Learn Ways to Recycle Food Waste .	Pack or prepare your lunch ahead of time.	Fill half your plate with fruits and/or veggies.	Have an outdoor picnic.