




FAMILY BINGO CHALLENGE

Challenge your family to eat healthier this summer! Work together as a family to complete this bingo challenge. It's simple: check off the fruits and vegetables as you try them.

Apples	Peaches	Blueberries	Beets	Nectarines
Spinach	 Romaine Lettuce	Melons	Zucchini	Strawberries
Cucumbers	Tomatoes	Your Choice	 Avocados	Sweet Peppers
Potatoes	Honeydew	Mango	Plums	Raspberries
Pineapples	Squash	 Cherries	Blackberries	Apricots

5-INGREDIENT SIDE DISHES

Mix Up:

- Sliced summer squash, basil, vegetable oil, 1/8 teaspoon of salt, and red pepper flakes
- Jicama and cucumber spears, lime juice, 1/8 teaspoon of salt, and chili pepper
- Shredded cabbage and carrots, parsley, vegetable oil, red wine vinegar, and 1/8 teaspoon of salt

Grilled Desserts

These fruits taste great grilled for 3-5 min:

- Thick pineapple slices
- Peaches cut in half (brush cut sides with a little vegetable oil to keep from sticking)
- Strawberries - make sure you put them on a skewer first!