

# Healthy YOU Bingo Challenge

MaineHealth  
**LET'S GO!**  
5-2-1-0

MAINE  
SNAP-Ed  
Healthy Eating on a Budget

SEAL OF THE CITY OF PORTLAND  
**Public Health**  
Prevent. Promote. Protect.  
Portland Public Health Division  
City of Portland, Health and Human Services Department

## WEEK 2: HEALTHY EATING

Name: \_\_\_\_\_

Mark each box you complete with a check!

|   |   |  |  |  |
|---|---|--|--|--|
| Eat beans with one of your meals              | Drink at least 32oz of water every day this week  | Try a new grain such as millet, barley, or quinoa                    | Eat a piece of fruit as your "something sweet" today                   | Count the grams of added sugar you eat today-- keep it under 30            |
| Find a new blog with healthy recipe ideas     | Have a meat-free day this week  | Have a dessert free day!   | Eat 6 fruits and/or vegetables today- one of each color of the rainbow | Drink a glass of water before and after any other beverage you drink today |
| Try a new fruit or vegetable                  | Look at the ingredients list of a packaged food you buy-- learn about each of the ingredients | <b>FREE</b><br>Or any activity you want to write in!                 | Add a veggie to your smoothie  | Eat fruits and vegetables as your snack choice today                       |
| Eat breakfast every day this week             | Skip the cream and sugar in your coffee or tea  | Make your lunches from scratch this week                             | Avoid pre-packaged foods for a day                                     | Try a new spice when cooking like ginger or tumeric                        |
| Skip the sugar sweetened beverages this week! | Eat a leafy green vegetable two times this week   | Cover half your plate with fruits and vegetables at every meal today | Try a new healthy recipe   | Replace one cup of coffee with water or herbal tea                         |

See how many times you can get Bingo (5 in a row), and at the end of the week email your completed bingo card to [heal@portlandmaine.gov](mailto:heal@portlandmaine.gov) by Sunday night (5/17). For each bingo card you complete, your name will be entered into a drawing for a prize at the end of the 4 week challenge.