## Indiana 4-H Wellness Bingo

Stay active and balanced with these #4HHealthyLiving activities! Show us what you’re up to by sharing photos on social media and tagging @jacksoncounty4hor

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<tbody>
<tr>
<td>Have a garden salad for lunch or dinner</td>
<td>Go for a walk as a family after dinner</td>
<td>Savor a serving of your favorite dessert</td>
<td>Take your time eating a meal. 20 minutes minimum!</td>
<td>Share a photo of your balanced breakfast on social media</td>
<td>Add a vegetable to your breakfast smoothie</td>
<td>Have a healthy snack after exercise</td>
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<tr>
<td>Skip the French fries or share a small</td>
<td>Try a new vegetable today</td>
<td>Focus on limiting added sugars today</td>
<td>Follow MyPlate for all meals <a href="#">Click here</a></td>
<td>Add a piece of fruit to breakfast or lunch today</td>
<td>Make your own pizza night! Add some veggies!</td>
<td>Add beans to your lunch or dinner</td>
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<td>Drink only water as your beverage choice today</td>
<td>Post a photo of a new vegetable and fruit you tried #indiana4h</td>
<td>Try a new whole grain!</td>
<td>Choose fish for lunch or dinner</td>
<td>Consume 3 servings of calcium rich foods or beverages</td>
<td>Choose chocolate milk after exercise</td>
<td>Cook your favorite carry-out food at home tonight</td>
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<tr>
<td>Try a new vegetable today</td>
<td>Create <a href="#">flavor infused water</a> with fruits, veggies, or herbs</td>
<td>Eat some protein after working out</td>
<td><a href="#">Listen to a healthy living podcast</a></td>
<td>Salad bar night! Choose 3 food groups to include</td>
<td>Learn about hydration <a href="#">Click here</a></td>
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<tr>
<td>Choose a protein and a vegetable for a snack</td>
<td>Drink at least 64 ounces of water today</td>
<td>Eat breakfast today!</td>
<td><a href="#">Learn to build healthy eating patterns</a></td>
<td>Share a photo of your after-dinner walk #indiana4h</td>
<td><a href="#">Create a recipe that includes all food groups</a></td>
<td>Instead of salt try a new herb or spice</td>
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<tr>
<td>Create a healthy snack to share</td>
<td>No beverages with added sugar today</td>
<td>Practice <a href="#">mindful eating</a></td>
<td>Have fruit for dessert!</td>
<td>Write down what you eat and drink today</td>
<td>Try a new fresh herb like parsley, cilantro, or basil</td>
<td>Eat a fruit or vegetable at each meal</td>
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<tr>
<td>Make homemade <a href="#">granola bars</a>!</td>
<td>Rate hunger and fullness at mealtimes <a href="#">Learn more</a></td>
<td>No electronic devices during family dinner</td>
<td>Post a photo of your favorite vegetable #indiana4h</td>
<td>Taco night! Include at least 4 food groups</td>
<td>Drink water at every meal and with snacks</td>
<td>Choose whole fruits instead of juice</td>
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