



HEALTHY EATING BINGO CARD

Try to complete you Bingo card each month



LEARNING	PLANNING & SHOPPING	HEALTHY COOKING	HEALTHY EATING	BEING MINDFUL & SHARING
Reviewed Canada's Food Guide & healthy eating tips – request from GBF	Identified 1 new healthy recipe that I will cook this week	Tried a new healthy cooking technique, e.g., steaming, stir-frying, poaching, etc.	For dinner, filled 1/2 my plate with vegetables, 1/4 with a whole grain, and 1/4 with a protein	Was mindful of how my food tasted, smelled and felt for a day
Identified the required daily values for vitamins and minerals – request from GBF	Created an affordable, healthy meal plan for 3 days; including snacks	Replaced meat for 1 meal with a healthy plant-based protein, such as beans or lentils	Kept a food log of what I ate for 3 days and compared it to my meal plan	Paid attention to what it felt like when I started to feel full
Identified the nutritional benefits of a new fruit, grain & vegetable I will try	Made a grocery list before going shopping and only bought things on my list	PUT AN X ON COMPLETED ITEMS	Replaced one sugar sweetened drink for water each week for 4 weeks	Shared a recipe and meal plan with a friend to inspire them about healthy eating
Checked the food labels on packaged products in my cupboards	Checked Nutrition Facts labels when shopping to make healthy choices	Substituted a saturated fat with an unsaturated fat in a recipe	Added 1 new nutritious food to my diet each week for 4 weeks	Invited someone I care about to enjoy cooking and eating a meal with me
Got a book from GBF or the library with healthy eating recipes	Avoided buying highly processed food when shopping this week	Challenged myself to include 5 different colours of fruits & vegetables in a day	Ate my snack in a smaller bowl instead of the bag	Created a mindful atmosphere to enjoy a special meal