

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 @indiana4h!

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