

January Healthy Eating Bingo

Go for “Bingo” on your healthy eating card each week in January (starting 1/8/24). For each week that you achieve “Bingo”, complete the [KJHS Healthy Eating Bingo Challenge Form](#). The advisory team that has the highest % of participants will receive a prize at the end of January.

<p>Eat 3 pieces of fruit each day for 5 days</p> <p>1</p>	<p>Drink one full bottle of water each day for 5 days</p> <p>2</p>	<p>Add a 100% whole grain food to breakfast for 3 days</p> <p>3</p>	<p>Pick a healthy new recipe to try and make it this week</p> <p>4</p>
<p>Start lunch or dinner with a salad for 3 days</p> <p>5</p>	<p>Pause before having seconds all week</p> <p>6</p>	<p>Make one meal of the week meatless and plant based</p> <p>7</p>	<p>Eliminate soda for 5 days</p> <p>8</p>
<p>Eat a home cooked meal instead of take-out for 3 days</p> <p>9</p>	<p>Replace a sugary snack with a fruit or vegetable 5 times</p> <p>10</p>	<p>Eat a healthy breakfast every day for 5 days</p> <p>11</p>	<p>Do not snack after 8 PM for 5 days</p> <p>12</p>
<p>Skip dessert for 5 days</p> <p>13</p>	<p>Measure out the serving size of a snack rather than eating straight from the bag for 5 days</p> <p>14</p>	<p>Eat 3 different vegetables each day for 5 days</p> <p>15</p>	<p>Drink 60 oz of water a day for 3 days</p> <p>16</p>