

				
Read a book or story about food.	Draw or write about your favorite food.	Eat a locally grown food.	Eat a green fruit or vegetable.	Read a food label.
				
Drink a glass of water.	Plan and/or plant an edible garden.	Include a fruit at breakfast.	Eat a healthy breakfast.	Eat an orange fruit or vegetable.
				
Make half your plate fruits or vegetables.	Include a vegetable at dinner.		Eat a red fruit or vegetable.	Help make a meal.
				
Choose a protein food like beans, fish, lean meats and nuts.	Set the table.	Try a new food.	Eat a snack made of at least 2 food groups.	Choose a whole grain food.
				
Wash your hands before eating.	Eat a low-fat dairy food.	Eat a meal together as a family.	Eat a plant-based protein.	Read a recipe.

Always ask an adult for permission.

**Share your BINGO using the hashtags
#FuelingGA and #KeepGAFed**