

Grocery Store Bingo

Dairy	Grains	Protein	Fruits	Veggies
Non-Fat Milk	Brown Rice	Whole Eggs	Strawberry	Broccoli
Greek Yogurt	Whole Wheat Pasta	Shellfish	100% Fruit Juice	100% Vegetable Juice
Low-Fat String Cheese	Oatmeal	Beans	Grapes	Cucumbers
Low-Fat Cottage Cheese	Whole-Grain Cereal	Nuts and Seeds	Bananas	Red Bell Peppers
Unsweetened Almond Milk	Whole-Wheat Bread	Lean Beef	Apples	Carrots

Take your bingo card with you when you go grocery shopping with your family. Purchase an item from one of the five food groups and cross it out on your game card. Try to get five in a row diagonally or horizontally. That way you will be sure to include all five food groups. To learn more about the food groups please visit <http://www.choosemyplate.gov/>.