

Bounty & Soul Bingo!

Every time you complete an activity, place a vegetable or fruit piece over the square
 Play until you have 5 vegetables and fruits in a row! Your row can be straight up and down, all the way across, or diagonal.

Email pictures of your completed board and activities to abbie@bountyandsoul.org to enter to win a special prize!

<p>Draw your favorite meal, tell a family member all about it!</p> 	<p>Turn on your favorite song and... DANCE, WIGGLE, & SHAKE</p>	<p>Try a new food from your bounty and soul box!</p>	<p>Invite your family outside for a picnic lunch together</p> 	<p>Watch a kids cooking show on TV, Youtube, or at bountyandsoul.org</p> 
<p>Watch a kids gardening show on TV, Youtube, or at bountyandsoul.org</p> 	<p>Help do the dishes after dinner!</p> 	<p>Take a walk with your family! Draw 4 different trees, flowers, and plants you see!</p> 	<p>Help make a delicious breakfast for your family Like muffins or pancakes!</p> 	<p>Collect sticks, leaves, pinecones, and other supplies from outside. Use what you find to build a sculpture!</p>
<p>Help your family prepare a meal by using a kid-safe knife to chop fruits or vegetables</p> 	<p>Read a book about food, farming, gardening, or cooking!</p> 	<p>FREE SPACE</p>	<p>Draw out a family recipe step by step!</p>	<p>SQUEEZE all the juice out of a lemon, lime, or orange. Use it to make a special salad dressing or drink!</p> 
<p>Visit bountyandsoul.org and find a delicious plant-based dessert to make with your family!</p> 	<p>Draw a picture of 6 different plants you have eaten this week! Ex. fruits, veggies, greens, etc.</p>	<p>Help set the table for dinner!</p> 	<p>Create your own smoothie with fruits and vegetables</p>	<p>Think of 5 things you are thankful for. Write them down or draw them. Share them with a loved one</p> 
<p>Look up a park, community garden, national park, or trail near your home. Plan a visit with your family!</p> 	<p>Build your own pizza!</p>  <p>Try using home-made pizza dough, a tortilla, or a bagel for the crust! No cheese no problem! Load up on other toppings like veggies, garlic, and pesto!</p>	<p>Create a name poem using food words!</p> <p>Ex. <u>E</u>ggplant <u>L</u>ime <u>L</u>emon <u>A</u>vocado</p> 	<p>Can you think of a dinner and a dessert dish that use these vegetables?</p> <ul style="list-style-type: none"> ● Zucchini ● Carrot ● Sweet Potato <p>Ex. Pumpkin makes pumpkin soup and pumpkin pie!</p> <p>Look on bountyandsoul.org for recipes!</p>	<p>Create home-made ice cream!</p> <ol style="list-style-type: none"> 1. Peel and freeze bananas 2. Blend bananas with nut milk until smooth and soft <p>Try adding in nut butter, berries, and other toppings!</p>