

## September is National Fruits & Vegetables Month

To celebrate National Fruits and Vegetables Month UW-Madison Division of Extension in Monroe County invites children and their families to participate with our MyPlate Bingo activity! This activity will take place for the entire month of September. Throughout the month circle the fruits and vegetables you eat on the provided MyPlate bingo card. If you really want to challenge yourself see if you can eat all the fruits and vegetables on the bingo card during the month of September! You can find the bingo card on the next page.

At the end of September email a picture of your completed MyPlate bingo card to [april.anderson@wisc.edu](mailto:april.anderson@wisc.edu). Then you will receive an email with a link to register your child(ren) for a chance to win a prize!

For more information on fruits and vegetables, the Produce for Better Health Foundation's- Have A Plant® Movement has great resources, including recipes and fun activities, for your family to check out on their website:

<https://fruitsandveggies.org/>.



# MYPLATE BINGO

Circle the fruits & vegetables you eat throughout the month.

Fruits	Vegetables	Fruits	Vegetables	Fruits
<p>Apple</p>	<p>Avocado</p>	<p>Raspberries</p>	<p>Celery</p>	<p>Plum</p>
<p>Blueberries</p>	<p>Broccoli</p>	<p>Watermelon</p>	<p>Cauliflower</p>	<p>Tangerine</p>
<p>Cantaloupe</p>	<p>Corn</p>	<p>Free Space</p>	<p>Beets</p>	<p>Banana</p>
<p>Grapes</p>	<p>Sweet Potato</p>	<p>Apricot</p>	<p>Carrots</p>	<p>Peach</p>
<p>Orange</p>	<p>Tomatoes</p>	<p>Kiwi</p>	<p>Peas</p>	<p>Strawberries</p>

ChooseMyPlate.gov/Families