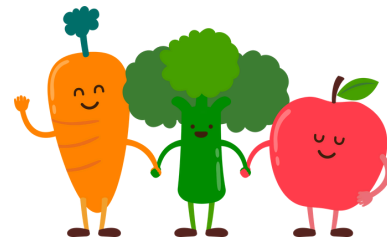


SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH!

Eat More Color

BINGO CHALLENGE



Name: _____ **Email:** _____

Phone Number (to contact if you win): _____

Directions: Check off each box as you eat the fruits or veggies listed. Get 5 in a row to make a Bingo (horizontal, vertical, or diagonal). Then, email a picture of your bingo card to moco.health@co.monroe.wi.us by September 30, 2024 to be entered to win prizes! Make sure your picture includes the contact information section above. Winners will be contacted on October 1st.

Blueberries	Beets	Carrots	Artichokes	Kiwis
Avocados	Corn	Bananas	Dates	Cranberries
Cauliflower	Cucumbers	Red Potatoes	Pineapples	Purple Grapes
Red Apples	Raisins	Broccoli	Mushrooms	Sweet Potatoes
Peaches	Parsnips	Eggplants	Tomatoes	Spinach

Brought to you by the Monroe County Nutrition Coalition



BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

- artichokes
- asparagus
- avocados
- bak choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

ORANGE & YELLOW

- orange peppers
- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots