

# FRUIT AND VEGETABLE BINGO!

TRY A NEW FRUIT OR VEGETABLE TWICE A WEEK UNTIL YOU HAVE A BINGO.. A COVER ALL BINGO! IF YOU FIND A GREAT RECIPE LET US KNOW AND IT MIGHT GET FEATURED ON OUR SOCIAL MEDIA. HAVE FUN! (TIPS ON THE BACK!)



PAPAYA



JICAMA



PEARS



CABBAGE



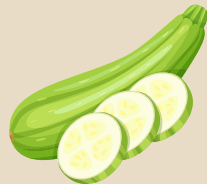
PINEAPPLE



KALE



LEEKS



ZUCCHINI



GUAVA



RADISH



CHERRIES



SWEET  
POTATO



FREE



PEPPERS



JACKFRUIT



BEETS



MANGO



EGGPLANT



AVOCADO



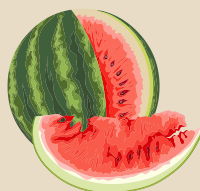
PLUM



CANTALOUPE



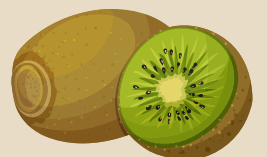
BRUSSEL  
SPROUTS



WATERMELON



BOK CHOY



KIWI

\*FOODS COULD BE A CHOKING HAZARD FOR SMALL CHILDREN-PLEASE WATCH CLOSELY WHEN INTRODUCING\*

# TIPS

MAKE FRIES OUT OF SWEET POTATOES AND JICAMA.  
MIX BROWN SUGAR, YOGURT, AND HONEY FOR A GREAT SWEET POTATO FRY DIP.

BAKE PINEAPPLE RINGS COVERED WITH CINNAMON AND ALLSPICE.  
ADD A DOLLOP OF VANILLA YOGURT ON TOP FOR A DESSERT!

MAKE SALSAS WITH FRUITS! WATERMELON, MANGO, PEACH, PINEAPPLE,  
STRAWBERRY, PLUM, CANTALOUPE ARE ALL GOOD OPTIONS.

CHOP UP BOK CHOY, KALE, AND LEEKS TO ADD VARIETY TO A SALAD.

USE EGGPLANT OR ZUCCHINI IN PLACE OF NOODLES IN LASAGNA.  
YOU CAN ALSO USE ZUCCHINI TO MAKE "ZOODLES" TO REPLACE NOODLES.

ADD CHOPPED UP PEPPERS TO SCRAMBLED EGGS.  
AND ONIONS AND TOMATOES!

ADD BEETS, JACKFRUIT, OR MANGOS TO HUMMUS AND BLEND.

ROAST RADISHES LIKE YOU WOULD POTATOES. DON'T FORGET THE SPICES!

DUNK PEPPER SLICES IN FRESH GUACAMOLE MADE WITH AVOCADO, LEMONS.  
LIMES. AND TOMATOES!

SEARCH THE INTERNET FOR OTHER GREAT RECIPES!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.