



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Crunch Off BINGO

Complete all of the activities for a chance to win a prize! Email a photo of your completed card to [claudia.botzet@sdstate.edu](mailto:claudia.botzet@sdstate.edu)



EAT A RED FRUIT	EAT A GREEN VEGETABLE	TRY A NEW RECIPE WITH A VEGETABLE	COOK WITH 2 VEGETABLES FOR A MEAL
EAT 2 CUPS OF FRUIT IN ONE DAY	LEARN ABOUT A NEW FRUIT	EAT A RAW VEGETABLE	EAT 2 1/2 CUPS OF VEGETABLES IN ONE DAY
MAKE A FRUIT SMOOTHIE	BUY PRODUCE FROM A LOCAL PRODUCER	EAT A RED VEGETABLE	HAVE A VEGETABLE FOR YOUR SNACK
EAT A RAW FRUIT	GO TO A FARMER'S MARKET	TRY A NEW RECIPE WITH A FRUIT	LEARN ABOUT A NEW VEGETABLE



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