

Nutrition Bingo



- Complete our bingo from March 23 to March 29.
- Complete at least 2 rows (vertical, horizontal, and/or diagonal) and be part of the draw to win a prize.
- Submit your bingo card via email to bordenhealthpromotion@gmail.com by April 3rd or drop it at the Health Promotion Office - T 118 .
- Winners will be announced on April 4th via Instagram and contacted via email.

Name:

Email:



Fill half your plate with vegetables for lunch and supper.	Add a fruit to your breakfast. Buy fresh fruits at Sobeys Angus	Drink a glass of water after waking up.	Label detective. Read the nutrition label and substitute a snack high in salt with one that is lower in salt (sodium).	Say no to energy drinks for a week.
Take 5 minutes break every two hours during your working day.	Change your breakfast coffee or tea for a glass of water.	Shrink your drink. Choose a smaller size of your regular coffee, sport drinks or high sugar drinks.	Try a new fruit.	Choose fish instead of red meat today.
Replace your regular drink for a low sugar option.	Replace meats higher in saturated fat with plant base options like beans or lentils.		Don't consume fast food for a week.	Snack attack. Have a vegetable or fruit as a snack for at least 2 days.
Water on the go. Bring a water bottle to work to stay hydrated through the workday.	Get a side salad instead of fries or chips when ordering out.	Buy your groceries from Sobeys Angus.	Consume breakfast before 9 am for 5 days.	Drink a glass of water before bed.
Try a new healthy recipe.	Don't consume alcohol for a week.	Eat 3 balanced meals a day following the healthy plate guideline.	Drink your recommended 9-12 cups (2.25- 3 l) of water per day.	Take a time out from your phone or computer during breakfast, lunch and supper.

