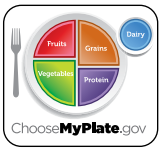
MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits	Vegetables	Grains	Protein	Dairy
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese
Cantaloupe 	Corn 	**Free Space** 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

ChooseMyPlate.gov/Families

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INFORMATION FOR ADULTS

With a variety of sights and smells, grocery shopping can be an exciting activity for kids. It can also be a little stressful for adults trying to buy groceries while keeping children entertained. MyPlate Grocery Store Bingo is a fun and educational activity that will focus the attention of your little ones while also allowing you to get your shopping done. That's what we like to call a "**MyPlate, MyWin**!"

AGES: 5 & UP

While most appropriate for elementary school-aged children, this activity can be modified for other ages.

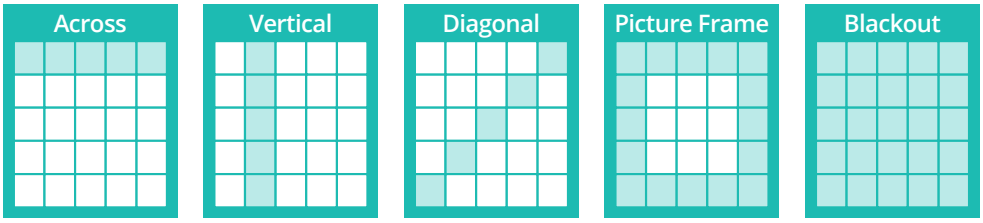
- For older children, consider giving them their own shopping list so they can help you shop.
- For younger children, ask them to find foods of various colors and shapes.

INSTRUCTIONS:

- Print off the bingo cards for kids accompanying you on a grocery shopping trip.
- Give them a pen or pencil and let them circle foods they see in the store while you shop.
- Explain that we need foods from all five food groups.
- Explain that fresh, frozen, and canned varieties all count.

TIPS:

- You can use this bingo card multiple times. In addition to the traditional style of bingo where you try to get five across, five vertical, or five diagonal, kids can also play picture frame where they try to find all of the foods on the perimeter of the card or black out where they try to find every food on the card.



- If you have more than one child with you, kids can either compete against one another—whoever finds five in a row first wins—or work together as a team. This can be especially helpful if you have an older child that can help a younger child.
- Consider offering a prize for completing the bingo sheet. For example, take a family trip to the park or go for a bike ride together.