



# Fall Fruits & Veggies BINGO Challenge

## Focus Area: Healthy Eating

**Objective:** Enjoy more fruits and vegetables by filling in a complete row of squares (horizontally, vertically or diagonally) in four weeks' time to honor [National Fruits & Veggies Month](#)!

**Length of Challenge:** Four-weeks (length of time is flexible; contact your WFHTN Regional Wellness Coordinator for assistance with editing)

## Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- BINGO boards
- Prizes (optional)

## Directions:

- For every fall fruit and/or vegetable you consume, cross it out on your BINGO card. (Also, fill in the date on the square whenever a fruit and/or vegetable is eaten.)
- Ready, set, BINGO!

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.



[WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



[facebook.com/WFHTN](https://facebook.com/WFHTN)



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## Getting Started:

1. Decide the dates your "Fall Fruits and Veggies BINGO" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Determine how participants will submit their BINGO boards and how winners will be rewarded.
  - *Remember: Challenge rewards do not have to be tangible. Announcing the winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates when the challenge will begin and end.
  - Instructions for how to participate in the "Fall Fruits and Veggies BINGO".
  - Details about how to submit their BINGO boards and how winner(s) will be rewarded.  
*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach via email the "BINGO board" and distribute to all participants.
7. Remember to send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)
8. As the challenge comes to an end, send out a reminder to participants to submit their "BINGO Board" and announce the winner(s)!

## Sample Emails:

### Welcome Email

Subject: Welcome to the Fall Fruits & Veggies BINGO Challenge!

Body:

Welcome to the **Fall Fruits & Veggies BINGO Challenge** with the < insert dept > Wellness Council!

We're excited that you're joining us and will be enjoying some of the tasty produce that Fall has to offer!

In this challenge, you will use the [BINGO board](#) (attached). You will strive to get BINGOs by consuming the fruits and vegetables on the board and getting lines vertically, horizontally and/or diagonally.

<OPTIONAL> There will be a random drawing at the end for a prize(s). <OPTIONAL>

Please submit your marked [BINGO board](#) to < insert email > by \_\_\_\_\_.)

Ready, set, BINGO!!

### Week 1 Email

Subject: Let's Play BINGO! (Fall Fruits & Veggies BINGO Challenge)

Body:

Today is the first day of the **Fall Fruits & Veggies BINGO Challenge**! Have you already planned out some meals to include some of the produce found on the [BINGO board](#)? Check out the recipes below for some inspiration!

[Apple & Chicken Salad](#) (**BINGO→Apple**)

[Roasted Brussels Sprouts \(from frozen\)](#) (**BINGO→Brussels sprouts**)

[Roasted Veggie Enchilada Lasagna](#) (**BINGO→Jalapeño pepper**)

[Slow Cooker Harvest Beef Stew](#) (**BINGO→Sweet Potatoes**)

Enjoy!

## Week 2 Email

Subject: Do You Have a BINGO Yet?! (Fall Fruits & Veggies BINGO Challenge)

Body:

Has anyone been able to yell, "BINGO!" yet? It is Week 2 of the **Fall Fruits & Veggies BINGO Challenge!** Hopefully you have been finding ways to incorporate more of the Fall bounty into your meals/snacks. Many of the [BINGO board](#) fruits and vegetables are in season during the Fall and right here in Tennessee! Support a [local farmer's market](#) and find many of the BINGO items that were grown close to you!

## Week 3 Email

Subject: B-I-N-G-O (Fall Fruits & Veggies BINGO Challenge)

Body:

You are halfway through the **Fall Fruits & Veggies BINGO Challenge!** Some of you are being creative in the kitchen, so share that creativity with others. Send your recipes and/or pictures to <insert email>.

## Week 4 Email

Subject: Wrapping Up the Fall Fruits & Veggies BINGO

Body:

It's the final week of the **Fall Fruits & Veggies BINGO Challenge!** Over the past few weeks you've been finding ways to incorporate Fall produce into your meals. Has anyone been able to cover the **entire** [BINGO board](#)?! Remember, the final day of the challenge is <insert date> so be sure to get in those fruits and veggies so you can say, "BINGO!"

## Wrap Up Email

Subject: The End of the Fall Fruits & Veggies BINGO Challenge

Body:

We are at the end of the **Fall Fruits & Veggies BINGO Challenge!** Thank you for participating and hopefully you enjoyed finding ways to consume more Fall fruits and vegetables!

Please submit your [BINGO board](#) to < **insert email** > by \_\_\_\_\_.)

<**OPTIONAL**> There will be a random drawing at the end for a prize(s). <**OPTIONAL**>



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<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
 <p>Acorn Squash</p>	 <p>Butter Lettuce</p>	 <p>Radicchio</p>	 <p>Kumquats</p>	 <p>Cranberries</p>
 <p>Turnips</p>	 <p>Pear</p>	 <p>Brussels Sprouts</p>	 <p>Pumpkin</p>	 <p>Swiss Chard</p>
 <p>Pomegranate</p>	 <p>Grapes</p>	<p><b>FREE</b></p>	 <p>Broccoli</p>	 <p>Cantaloupe</p>
 <p>Cauliflower</p>	 <p>Cabbage</p>	 <p>Mushrooms</p>	 <p>Collard Greens</p>	 <p>Pineapple</p>
 <p>Beets</p>	 <p>Butternut Squash</p>	 <p>Sweet Potatoes</p>	 <p>Jalapeño Pepper</p>	 <p>Apple</p>