

HyVee[®]

KIDSFIT™

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Eat 3 servings of fruit in one day	Drink 8 glasses of water in one day	Help parents cook a healthy dinner meal	Get 60 minutes of activity in one day	Try a new food you have never tried
Take a one mile walk	Eat perfect portions using MyPlate!	Eat 4 servings of whole grains in one day	Eat dinner with the entire family at the dinner table	Cook a new healthy recipe
Eat 2 servings of fish in one week	Invite a friend to play outside	Eat 4 servings of vegetables in one day	Choose 2 healthy snacks for the day	Watch no more than 2 hours of TV in one day
Go grocery shopping with your parents	Eat or drink 3 servings of dairy in one day	Eat a healthy breakfast	Try a new sport!	Ride your bike or go swimming for one hour
Eat breakfast 5 days in a row	Eat 5 colors of the rainbow in one week	Try a new activity as a family	Eat dinner as a family 5 nights in one week	Walk from the farthest parking spot available