



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.



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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. (Request 'Sample Emails' from your wellness coordinator.)
8. As the challenge comes to an end, send out a reminder to participants to submit their "BINGO Board" and announce the winner(s)!