

## NEBRASKA HEALTHY FOOD ACCESS BINGO



Here are fun and creative ways to increase access to healthy foods and support your community. See how many BINGO squares you can check off over the next few months and tag us on social media:

@UNLNutritionEducationProgram #nehealthyfoodaccess

B Nacho **Start Simple Build** a **Tips for Family** Scruba-dub-dub! **Food Planning Healthy Habit** Food and Fun Mama's Bell Safely wash your **During COVID-19** with the at Home **Peppers** produce! MyPlate app https://bit.ly/3e52tUW https://bit.ly/3e8qOcT https://bit.ly/2V9l1ef https://bit.ly/2V83qU6 https://bit.ly/2wizaxc Support your Live outside Live in the Find Help in **Double your Local Grocery** of Lincoln? Lincoln area? **SNAP Dollars!** your Stores - Choose Find a food Find a food Double Up Food Bucks Community **Healthy Here** distribution site distribution site https://bit.ly/3aSujlr https://bit.ly/3dYFI5c https://bit.ly/2UPZdp1 https://bit.ly/2XgCfZP https://bit.ly/3aMuezl Support your **Brownie Recipe LIKE AND Food Safety** Have a with Black Beans Tips to Keep Local **Beautiful Day SHARE THIS** You can't even your Family **Farmers Plant Seedlings** taste them! LINK with your kiddos! Healthy Markets https://bit.ly/2RedMk7 https://bit.ly/3dZ8bIh https://bit.ly/3bYFnor https://bit.ly/3aWYDMo Recipes Share a **Food Use Free Delivery ✓** Physical Activity **Meet Local** Healthy **Options from Budgeting** Save Money **Farmers** Recipe on **Grocery Stores** Made Easy **Social Media** and Restaurants https://bit.ly/2XdqraR https://bit.ly/39R7Tj2 https://bit.ly/2XjizEv **Save Money Think Spring** Choose Find Meals for Veggies + Fruit = and Shop for **Kids When** Shamrock **Foods that Think Smoothie Recipe** Seasonal Food Schools are **Fuel you Best Gardening!** Closed https://bit.ly/2JOIf3X https://bit.ly/2RmKnEu https://bit.ly/3bXqpaZ https://bit.ly/2Rm1TZv https://bit.ly/2JMQcXw

This institution is an equal opportunity provider and employer

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nutrition assistance to people with low income, it can neip you buy nutritious roods for a better diet. To find out more, call 1-800-430-3244,

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