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|  **Healthy Family** **B I N G O** |
| Spend a minimum of 20 min playing a board game with your family. | Go for a brisk 20 min mid-morning walk with a family member. | Eat a healthy breakfast from 3 food groups with your family. | Give someone in your family a hug and tell them you love them. | Let the kids help cook a healthy chili or stew. |
| Go sledding or tobogganing as a family. | Watch a funny movie and snack on veggies and hummus with your family. | Tell a family member that you are proud of them for \_\_\_\_\_\_. | As a family, volunteer at a local soup kitchen or local charity. | As a family, try a new outdoor activity – snow shoeing, cross country skiing, etc. |
| As a family, go to a food market and let the kids choose fresh produce. | Spend an afternoon skating outdoors with your family. | **FREE SPACE** | Prepare yogurt parfaits and let your family members choose toppings (almonds, fresh fruit, granola). | Ensure that each family member eats a healthy mid-afternoon snack. |
| Surprise your family with a special dinner at home with candles, tablecloth, etc. | Bake a holiday snack with the kids using one healthy substitute (ex. applesauce for oil). | Spend an afternoon exploring your community with another family member. | Go for a winter hike with your family and pack healthy snacks and water. | Build a snowman or snow fort with your family. |
| Ensure that each family member drinks at least 5 glasses of water today. | Let the kids help prepare the dinner menu for the following week. | Purchase a new board game to play with the family. | Arrange a day for “the kids” (nieces, nephews, children) to have a fun outing. | Visit Canadian Blood Services and donate blood for eligible family members. |



Instructions:

* Complete as many family tasks as possible over the course of DATE to DATE
* For each completed line, enter your family name into a draw for prizes. Ballots are located >>>>>>.
* For a full card, enter your family name 5 extra times for the draw.
* Good luck and have some fun with your family!