| B | I | N | G | O |
|---|---|---|---|---|
| Use Dry mouth spray | 4 cups of fluid | Cook with salt free seasoning | Pineapple | Frozen blueberries |
| Chewing gum | Take your binders | Grilled peaches | Apple Pie | Limit salty and spicy foods |
| Summer squash | Wear hats | **FREE** | Avoid hot dogs | Enjoy simple foods |
| Fill a spray bottle | Stay cool | Find shade | Double boil potato salad | Grilled Chicken |
| Cucumber salad | Bring a dish | Limit cheese | corn | Cole slaw |



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| B | I | N | G | O |
|---|---|---|---|---|
| Wear hats | Apple Pie | Pineapple | Chewing gum | Grilled peaches |
| Cook with salt free seasoning | corn | Frozen blueberries | Bring a dish | Limit salty and spicy foods |
| Fill a spray bottle | Avoid hot dogs | **FREE** | Enjoy simple foods | 4 cups of fluid |
| Double boil potato salad | Limit cheese | Use Dry mouth spray | Cole slaw | Stay cool |
| Find shade | Grilled Chicken | Summer squash | Take your binders | Cucumber salad |



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