

B	I	N	G	O
Seeds	3 Food labels with 3 different names for sugar	Food item less than 1 year expired	Organic product x3	More than 3 types of pasta noodles
A tin of tuna	Post picture on your Stories of the Bingo game using #evolveyourhealth	Nut butter	3 items that you can't identify	Oats
Post picture on IG of your pantry clean out	Sugar that is hard as a rock	FREE	4 items for the food bank	Food label with more than 15 ingredients
Less than 15 items in your pantry to start	Post picture on FB of your pantry before cleaning it out	Make space so that you have 1 empty shelf	Food label with less than 5 ingredients	Non-GMO product x2
Food item more than 1 year expired	A can of baked beans	Nuts	Your most tempting snack x2	Cereal with less than 8g sugar per serving

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Sugar that is hard as a rock	3 items that you can't identify	Organic product x3	A tin of tuna	Nut butter
Food item less than 1 year expired	Your most tempting snack x2	More than 3 types of pasta noodles	A can of baked beans	Oats
Less than 15 items in your pantry to start	4 items for the food bank	FREE	Food label with more than 15 ingredients	3 Food labels with 3 different names for sugar
Food label with less than 5 ingredients	Nuts	Seeds	Cereal with less than 8g sugar per serving	Post picture on FB of your pantry before cleaning it out
Make space so that you have 1 empty shelf	Non-GMO product x2	Post picture on IG of your pantry clean out	Post picture on your Stories of the Bingo game using #evolveyourhealth	Food item more than 1 year expired

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Sugar that is hard as a rock	Oats	Organic product x3	Your most tempting snack x2	Food item less than 1 year expired
Food label with more than 15 ingredients	3 Food labels with 3 different names for sugar	Nut butter	A tin of tuna	Food item more than 1 year expired