

B	I	N	G	O
Post picture on your Stories of the Bingo game using #evolveyourhealth	3 Food labels with 3 different names for sugar	Cereal with less than 8g sugar per serving	Oats	Make space so that you have 1 empty shelf
A tin of tuna	Post picture on IG of your pantry clean out	Non-GMO product x2	3 kinds of beans	Nuts
Post picture on FB of your pantry before cleaning it out	Seeds	FREE	3 sources of protein	Food label with less than 5 ingredients
Food label with more than 15 ingredients	Organic product x3	Less than 15 items in your pantry to start	Food item more than 10g of protein	More than 3 types of pasta noodles
Food item less than 10g of fat	4 items for the food bank	Nut butter	Your most tempting snack x2	A way to flavor water

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Seeds	3 kinds of beans	Oats	A tin of tuna	Non-GMO product x2
Cereal with less than 8g sugar per serving	Your most tempting snack x2	Make space so that you have 1 empty shelf	4 items for the food bank	Nuts
Food label with more than 15 ingredients	3 sources of protein	FREE	Food label with less than 5 ingredients	3 Food labels with 3 different names for sugar
Food item more than 10g of protein	Nut butter	Post picture on your Stories of the Bingo game using #evolveyourhealth	A way to flavor water	Organic product x3
Less than 15 items in your pantry to start	More than 3 types of pasta noodles	Post picture on FB of your pantry before cleaning it out	Post picture on IG of your pantry clean out	Food item less than 10g of fat

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4 items for the food bank	Nut butter	3 kinds of beans	More than 3 types of pasta noodles	3 sources of protein
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Post picture on FB of your pantry before cleaning it out	A way to flavor water	FREE	Organic product x3	Food item more than 10g of protein
Seeds	Nuts	Oats	Your most tempting snack x2	Cereal with less than 8g sugar per serving
Food label with less than 5 ingredients	3 Food labels with 3 different names for sugar	Non-GMO product x2	A tin of tuna	Food item less than 10g of fat