

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

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Tips for Family Food and Fun at Home https://bit.ly/3e52tUW	Nacho Mama's Bell Peppers https://bit.ly/2V9l1ef	Start Simple Food Planning During COVID-19 https://bit.ly/2V83qU6	Build a Healthy Habit with the MyPlate app https://bit.ly/2wizaxc	Scrub-a-dub-dub! Safely wash your produce! https://bit.ly/3e8q0cT
Double your SNAP Dollars! Double Up Food Bucks https://bit.ly/3aSujlr	Support your Local Grocery Stores - Choose Healthy Here https://bit.ly/3dYF15c	Live in the Lincoln area? Find a food distribution site https://bit.ly/3aMuezl	Live outside of Lincoln? Find a food distribution site https://bit.ly/2UPZdp1	Find Help in your Community https://bit.ly/2XgCfZP
Support your Local Farmers Markets	Brownie Recipe with Black Beans You can't even taste them! https://bit.ly/3bYFnor	LIKE AND SHARE THIS LINK https://bit.ly/2RedMk7	Have a Beautiful Day Plant Seedlings with your kiddos! https://bit.ly/3dZ8blh	Food Safety Tips to Keep your Family Healthy https://bit.ly/3aWYDMo
Meet Local Farmers https://bit.ly/2XdqraR	<ul style="list-style-type: none"> ✓ Recipes ✓ Physical Activity ✓ Save Money https://bit.ly/2XjizEv	Food Budgeting Made Easy https://bit.ly/39R7Tj2	Share a Healthy Recipe on Social Media	Use Free Delivery Options from Grocery Stores and Restaurants
Save Money and Shop for Seasonal Food https://bit.ly/2Rm1TZv	Think Spring Think Gardening! https://bit.ly/2RmKnEu	Choose Foods that Fuel you Best https://bit.ly/2JMqXw	Find Meals for Kids When Schools are Closed https://bit.ly/3bXqpaZ	Veggies + Fruit = Shamrock Smoothie Recipe https://bit.ly/2J0lf3X