

# Health Literacy BINGO

The Chickasha Public Library is launching a health literacy bingo to encourage individuals to add healthy eating and activities into their daily routines. Once you complete your whole bingo card bring it back to the library and you will be entered into a drawing.

Try a new fruit!	Read a book about a fruit!	Add a daily serving of fruit to your diet!	Take a walk!	Learn a new recipe!
Try to make a new salad! How does it taste?	Watch one of the library's smoothie demos!	Try to make a vegetable soup! How does it taste?	Set a Walking Challenge goal!	Eat a serving of fruit every day for a week!
Try out a new health literacy resource, like a podcast, or magazine.	Try a green fruit!	Try some fruit and chocolate!	Learn a new smoothie recipe!	Watch one of the library's waffle demos!
Try a new exercise!	Add a daily serving of vegetables to your diet!	Make a healthy recipe from a cookbook!	Participate in another library health literacy Program!	Try a purple vegetable!
Check out a health literacy kit from the library!	Try a fruit or vegetable with layers!	Read a book about a vegetable!	Make a healthy recipe for someone else!	Try a new vegetable!

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**Chickasha**  
PUBLIC LIBRARY



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