

November 2025

Whole Food Bingo Challenge

Choosing whole foods over pre-packaged, processed options is great for our health. Processed foods and sugary drinks add unneeded sodium, saturated fats, and sugar to our bodies, increasing the risk of chronic diseases.

Throughout this month, try some of the options listed below and check off all that you're able to complete!

Name _____ Department _____

Replace pasta noodles with spaghetti squash noodles	Wash, chop and toss veggies in olive oil and herbs. Place in a container for an easy snack	Avoid pre-packaged foods-choose a similar health option	Try adding berries, chopped apple or orange slices to your favorite dish	Eat proportioned amounts of healthy fats- fish, nuts, avocado. etc.
Avoid sugar in all forms. Check the nutrition label for any added sugars	Choose foods from ethically raised animals	Avoid packaged snack foods like crackers, muffins, granola bars, etc.	Swap potato chips for a baked potato with light sour cream	Choose a whole wheat tortilla instead of a flour tortilla
Make a smoothie with real fruit	Drink primarily water today	Well  Work FREE SPACE	Try using whole wheat pasta noodles to replaced refined	Make a colorful salad. Try to include at least 3 different vegetables
Choose fresh berries at breakfast instead of fruit flavored toaster pastries or breakfast bars.	Keep meals simple- a meat, such as baked fish, with roasted or steamed veggies	Replace processed fried chicken with skinless chicken breast	Get your fiber directly from fruits, vegetables and beans	When baking swap oils and sweeteners with mashed or pureed fruits and veggies
Choose whole grains instead of refined grains	Buy frozen vegetables that are easy to steam or roast	Try eating small amounts of raw nuts and seeds daily	When you can swap whole wheat bread in place of white bread	Try to eat a lean protein at each meal

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **December 5th**.