

# FOOD DAY BINGO 2021



## Food Justice

Donate to a food drive

Attend a farmer's market

Volunteer at a local farm or food nonprofit

Read PGC Food Equity Council Fact Sheet

## Sustainable Agriculture

Eat meatless for a day

Explore the dirty dozen & clean 15

Grocery shop with reusable bags

Compost food waste

## Healthy Eating

Try a new fruit or veggie

Cook a meal from scratch

Eat the Rainbow

Take the food literacy quiz

## Mindful Eating

Eat a mindful meal outside

Plant something edible!

Preserve your own food

Save seeds from a fruit or veggie