



Welcome to Food Bingo, the fun way to get kids to try new foods!

Safety Considerations:

Food Bingo is an interactive game, and kids will be eating as they play, so please be sure to screen children for any food allergies or sensitivities before playing to keep everyone safe. Also be aware of foods that may be a choking hazard, especially when playing with toddlers or young children.

Preparation:

It helps to get the following supplies ready before you play:

- Printed Cards or Digital Cards (see below for more information on digital cards) for each player.
- Bingo Caller's Card - we recommend printing 2 copies of the Bingo Caller's Card (see page 3). One copy will be used to cut out the individual food squares to fold up and put in a hat or bowl. The other copy will be used to check off the foods that have already been called.
- Bingo Chips, which can be anything you have readily available, including macaroni noodles, paperclips, raisins, construction paper cut up into small squares etc. Another option is to laminate the cards, and the kids can cross off foods with dry-erase markers.
- Small servings of each food on the card for each player. Give each child several pieces of each food on the game card, including more if you have larger bingo cards or plan to play several rounds. Each child may have their own plate with little mounds of each food, or use a muffin tray, muffin cups or ramekins to separate each food.
- Note: this game can also be played without food at all as a more traditional bingo game, which is still a great way to introduce kids to new foods!

Digital Cards:

If you don't have access to a printer, or prefer to conserve paper, Food Bingo can be played by providing each player with a digital snapshot of a bingo card. Each child will need a device (tablet, phone etc). The easiest way to do this is simply use the device's camera to take a snapshot of a different bingo card for each child. The snapshot can be taken from the food bingo pdf opened on a computer or tablet. Each bingo card has a unique ID at the top to make sure everyone has a different card. Players can either physically set Bingo Chips on the device to keep track, or they can use a photo markup tool to draw an X over the foods as they play. ** Be sure to change the auto-lock settings on the device to make sure the screen doesn't lock in the middle of the game**.

Play:
















1. If the cards include a free square, everyone can start by putting a chip on their free square.
2. The 'Caller' will explain to the players what they have to do in order to place a bingo chip. Options may include:
 - a. Players must eat a piece of the food called before placing a chip.
 - b. Players must hold or smell the food before placing a chip (this can help kids who experience extreme resistance to trying new things).
 - c. If playing without food, players simply place a chip when they hear the name of the food.
3. The Bingo Caller will pull one of the folded squares from the hat or bowl, read the food name to the group & show them the picture. Players who eat (or smell etc) the food called may place a chip on their bingo card for the food that was called. Some bingo cards will have repeated foods, so players may have a choice of where to set their chip for each food.
4. The game continues until a player's chips have formed a complete horizontal row, vertical column or a diagonal in the case of a 3x3 or 5x5 card. Winning diagonally is not possible on a 4x4 card.
5. The player calls out 'BINGO' when they have won. At this point a new game can be started, or you can continue to play until everyone has reached 'BINGO'.

Saving & Sharing:

Please store your Food Bingo PDF in a safe place on your computer so you can print it or use it as often as you'd like. Feel free to share your cards with friends or on social media; we just ask that you don't edit them before sharing. Please visit <https://www.foodbingogame.com> for more information or to contact us.

Food Bingo Caller's Card:

We recommend printing 2 copies of the **Food Bingo Caller's Card** . Cut one copy into squares to fold up and put in a hat or bowl to draw from. Use the other copy to check off foods as they called during the game. Alternatively, you can just use one copy, select the foods randomly to call and check them off as you play.

 Apple	 Water	 Grape	 Cucumber	 Broccoli
 Blueberry	 Spinach	 Pretzel	 Apple	 Carrot
 Cracker	 Pear	 Strawberry	 Banana	 Carrot

Food Bingo Sample



Banana



Cucumber



Pear



Apple



Carrot

FREE SPACE



Pretzel



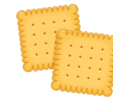
Strawberry



Broccoli



Blueberry



Cracker



Carrot



Grape



Spinach



Apple



Water

Food Bingo Sample



Apple



Banana



Strawberry



Carrot



Broccoli

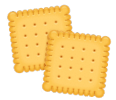
FREE SPACE



Cucumber



Carrot



Cracker



Pear



Pretzel



Spinach



Apple



Grape



Blueberry



Water

Food Bingo Sample



Carrot



Pear



Broccoli



Spinach



Apple

FREE SPACE



Grape



Blueberry



Carrot



Water



Pretzel



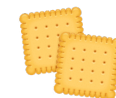
Banana



Strawberry



Cucumber



Cracker



Apple

Food Bingo Sample



Carrot



Carrot



Apple

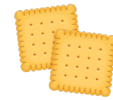


Banana



Strawberry

FREE SPACE



Cracker



Apple



Water



Broccoli



Blueberry



Pear



Grape



Pretzel

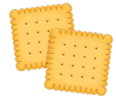


Spinach



Cucumber

Food Bingo Sample



Cracker



Carrot



Banana



Apple



Broccoli

FREE SPACE



Strawberry



Spinach



Grape



Water



Apple



Pear



Pretzel



Cucumber



Blueberry



Carrot

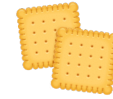
Food Bingo Sample



Apple



Water



Cracker



Banana



Grape

FREE SPACE



Pear



Apple



Broccoli



Carrot



Cucumber



Carrot



Pretzel



Spinach



Blueberry



Strawberry

Food Bingo Sample



Apple



Cucumber



Blueberry



Carrot



Pear

FREE SPACE



Strawberry



Water



Spinach



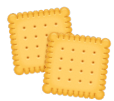
Apple



Pretzel



Banana



Cracker



Broccoli



Grape



Carrot

Food Bingo Sample



Apple



Cucumber



Pretzel



Spinach



Blueberry

FREE SPACE



Apple



Water



Pear



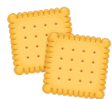
Carrot



Carrot



Banana



Cracker



Strawberry



Broccoli



Grape

Food Bingo Sample



Broccoli



Pretzel



Cucumber



Carrot



Grape

FREE SPACE



Water



Strawberry



Spinach



Carrot



Apple



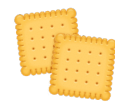
Pear



Banana



Blueberry



Cracker



Apple

Food Bingo Sample



Pretzel



Blueberry



Banana



Apple



Carrot

FREE SPACE



Grape



Spinach



Water



Broccoli



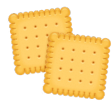
Cucumber



Carrot



Apple



Cracker



Strawberry



Pear