

# Whole Grains Month

# BINGO

<p>Visit <a href="http://wholegrainscouncil.org">wholegrainscouncil.org</a></p> <p>_____</p> <p>Which day did you visit?</p>	<p>Choose whole grain bread instead of white at a restaurant.</p> <p>_____</p> <p>Which restaurant?</p>	<p>Replace half (or more) of the all-purpose flour in a baking recipe with whole grain flour.</p> <p>_____</p> <p>What did you make?</p>	<p>Try a new-to-you whole grain (like quinoa, freekeh, fonio, or sorghum).</p> <p>_____</p> <p>What did you try?</p>	<p>Try a food with the 50%+ Whole Grain Stamp.</p> <p>_____</p> <p>What did you try?</p>
<p>Eat whole grains at every meal of the day (breakfast, lunch, dinner, and snacks).</p> <p>_____</p> <p>Which day?</p>	<p>Try new crackers, chips, bars, or snacks with the Whole Grain Stamp.</p> <p>_____</p> <p>What did you try?</p>	<p>Listen to the “Whole Grain Train Song.”</p> <p>_____</p> <p>When did you listen?</p>	<p>Make a recipe from <a href="http://wholegrainscouncil.org">wholegrainscouncil.org</a></p> <p>_____</p> <p>What did you make?</p>	<p>Make a pasta dish with whole grain pasta.</p> <p>_____</p> <p>Which pasta shape did you use?</p>
<p>Try a food with the 100% Whole Grain Stamp.</p> <p>_____</p> <p>What did you try?</p>	<p>Try cooking whole grains in a rice cooker, slow cooker, or pressure cooker.</p> <p>_____</p> <p>Which grain did you make?</p>	<p><b>FREE</b></p>	<p>Share a whole grain food with someone.</p> <p>_____</p> <p>Who did you share with?</p>	<p>Make a sandwich on whole grain bread.</p> <p>_____</p> <p>What was on your sandwich?</p>
<p>Make a pizza on whole grain crust.</p> <p>_____</p> <p>What toppings did you use?</p>	<p>Follow <a href="https://www.instagram.com/WholeGrains_Council">@WholeGrains_Council</a> on Instagram.</p> <p>_____</p> <p>What is your Instagram handle?</p>	<p>Try a new cereal, granola, or oatmeal with the Whole Grain Stamp.</p> <p>_____</p> <p>What did you try?</p>	<p>Choose brown rice instead of white at a restaurant.</p> <p>_____</p> <p>What restaurant?</p>	<p>Try a food made with sprouted grains.</p> <p>_____</p> <p>What did you try?</p>
<p>Cook your whole grains in broth instead of water.</p> <p>_____</p> <p>What grain did you cook?</p>	<p>Make tacos using whole wheat or whole corn tortillas, or a whole grain wrap.</p> <p>_____</p> <p>When did you make them?</p>	<p>Make a recipe from <i>Whole Grains Around the World: An Oldways 4 Week Menu Plan Book</i>.</p> <p>_____</p> <p>What did you make?</p>	<p>Try a food with the Basic Whole Grain Stamp.</p> <p>_____</p> <p>What did you try?</p>	<p>Tell someone about Whole Grains Month Bingo.</p> <p>_____</p> <p>Who did you tell?</p>

I consent to the terms and conditions (more information: [WholeGrainsCouncil.org/Contest2023](http://WholeGrainsCouncil.org/Contest2023))

Name: \_\_\_\_\_ Email: \_\_\_\_\_

