



Statewide Impact 2019 Spring Break BINGO Report

BINGO cards, promoting healthy behaviors, were given to students to take home at **56 schools (93% Elementary) in 20 Oregon counties** during spring break, 2019. Students returned **1504** cards. Forty-five **(45%)** percent of these children completed their BINGO card with a sibling, while 26% completed the card alone. This report celebrates some of the successes of these students.

Top Reported Healthy Eating and Activity Behaviors:

- 1384 breakfasts eaten
- 1316 family dinners eaten together
- 1143 students chose a fruit or vegetable for a snack
- 1075 students walked with family for at least 15 minutes
- 962 students ate 1 cup of vegetables
- 782 students helped plan one meal
- 774 students helped cook a meal
- 756 students shared a fruit with a friend
- 606 students went grocery shopping and picked out a new fruit or vegetable to try
- 582 students made a smoothie with a fruit or vegetable
- 301 parents/students visited Foodhero.org together



The BINGO card is available at
<http://foodhero.org/bingo-spring-break>

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