



<u>TRY A RECIPE FROM OUR "COOKING CORNER" YOUTUBE PLAYLIST</u>	TRY A NEW VEGETABLE	HELP PREPARE A MEAL OR SNACK	<u>GO TO A FARMER'S MARKET</u>	PLANT A FRUIT, VEGETABLE OR HERB IN THE GARDEN
EAT A MEAL AT THE TABLE WITH MY FAMILY	HELP SET THE TABLE	<u>WATCH A KIDS COOKING SHOW</u>	HELP PUT GROCERIES AWAY	HAVE A KITCHEN DANCE PARTY!
HELP PLAN OUT THE WEEKLY DINNER MENU	HAVE AN OUTDOOR PICNIC	<i>Free</i>	TRY A NEW FRUIT	TRY A FOOD FROM A DIFFERENT CULTURE
<u>PACK LUNCH WITH A WELL LUNCH RECIPE!</u>	MEASURE OUT INGREDIENTS FOR A MEAL	<u>READ A BOOK ABOUT GARDENING</u>	HELP CLEAN UP AFTER A MEAL OR SNACK	READ (OR HAVE A GROWN UP READ) THE INGREDIENTS ON THE PACKAGE OF SOMETHING YOU EAT
CLEAN FRUITS/VEGETABLES	READ THROUGH A COOK BOOK AND PICK A NEW RECIPE TO TRY SOON	RINSE DISHES AND/OR HELP LOAD THE DISHWASHER	<u>MAKE A "NO BAKE" TREAT</u>	GO GROCERY SHOPPING

Take photos of your "Bingo!" card and any fun action shots from the activities, and tag us on Instagram or Facebook @thewellmadisonwi



Before coming home with you, your wombat was sanitized with an EPA-approved disinfectant and stored at the Well for at least 3 days. These are more stringent guidelines than the CDC recommends, however we want to ensure safety to the utmost degree!