






Healthy Habits Bingo

Join us in celebrating Public Health Week with Healthy Habits Bingo!

Each square highlights a small action you can take to support your health, safety, and well-being.

See how many you have completed and challenge yourself to try something new!

How Many Have You Completed?

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| <p>Slept for at least 7-8 hours</p>  | <p>Read a food nutrition label</p> | <p>Took a 15 minute walk or other exercise</p>  | <p>Updated emergency supplies: food, medicine, or first aid</p> | <p>Checked up on family, a friend, or neighbor</p>  |
| <p>Learned more about local resources or services</p> | <p>Stretched for at least 5 minutes</p>  | <p>Practiced gratitude (tell someone what you appreciate)</p> | <p>Put away social media to be more present in the moment</p>  | <p>Tried a new healthy recipe (and shared with others if good!)</p> |
| <p>Received or had access to emergency alerts</p>  | <p>Checked a food expiration date</p> | <p>Followed a public health social media account</p>  | <p>Updated or reviewed emergency contacts on a phone or elsewhere</p> | <p>Chose water or a low-sugar drink instead of a sugary one</p>  |
| <p>Checked on safety equipment: smoke detectors, fire extinguishers, CO detectors, etc.</p> | <p>Learned a new safety tip, such as how to dispose of medication safely</p> | <p>Learned about our community's health needs from the Community Health Assessment (CHA)</p> | <p>Carefully washed hands before and after preparing a meal</p>  | <p>Practiced safe food handling (such as storing leftovers within 2 hours)</p> |
| <p>Volunteered or did something to improve your community</p> | <p>Shared something that made you laugh</p>  | <p>Considered emergency planning or preparedness</p> | <p>Completed a health screening or check-up</p> | <p>Enjoyed an outdoor activity</p>  |

Need help getting started? Additional resources and information related to the bingo activities can be found on the back of this page.

Below are resources to help you complete your bingo board!

Preparedness and Safety

- **Be Prepared for Emergencies:** <https://www.ready.gov/>
- **Learn Where and How to Dispose of Unused Medicines:**
<https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>
- **Download Local Emergency Preparedness Apps:** <https://bit.ly/4uyE6pX>

Healthy Eating and Nutrition

- **Healthy Recipes:** <https://www.nutrition.gov/recipes> & <https://medlineplus.gov/recipes/>
- **Nutrition:** <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/suggested-servings-from-each-food-group>
- **About Water and Healthier Drinks:** <https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html>
- **Food Safety Information:**
https://www.health.ny.gov/environmental/indoors/food_safety/consumer_guidance.htm

Physical Health and Preventative Care

- **Physical Wellness Toolkit:** <https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits/physical-wellness-toolkit>
- **Are You Up to Date on Your Preventative Care?:** <https://www.cdc.gov/chronic-disease/prevention/preventive-care.html>

Mental and Emotional Well-Being

- **Be Well NY:** <https://bewell.ny.gov/>
- **Mental Health Matters - Genesee and Orleans Counties:** <https://genesee-orleansny.crediblemind.com/>

Community and Connection

- **Community Health Assessment and Community Health Improvement Plan:**
<https://bit.ly/GOHealthCHACHIP>
- **Learn more about local resources:** <https://www.211wny.org/>
- **Volunteer with GO Health MRC:** <https://bit.ly/GOHealthMRC>

- **Follow us on social media:**    @GOHealthNY  GOHealth NY

We hope this bingo board helped you discover new ways to support your health and well-being. Visit our website to explore even more local resources, tools, and programs designed to help you and your community stay healthy.

