

To help everyone get a successful bingo on their Harvest Bingo we have put together a shopping list of all the fruits and vegetables along with serving sizes – to help you gage how much to buy. This way you do not forget to pick them up on your next visit to the grocery store. Happy Eating ☺

Food	Serving Size
Avocado	1 cup cubed
Beans (black, kidney, lima...)	~ ½ cup (varies)
Cabbage	1 cup
Cauliflower	1 cup (raw)
Broccoli	1 cup (raw)
Garlic	3 cloves
Artichokes	1 medium – come in cans as well
Pumpkin	1 cup
Squash	1 cup baked/mashed
Rutabaga	1 cup
Spinach	1 cup
Sweet potato	1 medium (2” around by 5”long)
Peppers	1 cup
Bok choy	1 cup
Kale	1 cup
Leeks	1 cup
Swiss chard	1 cup
Apples	1 medium
Banana	1 medium (between 7-8” long)
Cranberry	1 cup – buy a big bag and freeze
Grapes	1 cup
Pears	1 cup
Grapefruit	1/2 of medium sized (3 3/4” diameter)
Oranges	1 medium
Kiwi	1 medium
Pomegranate	1 medium

#### Shopping tips:

It is helpful to plan out meal ideas for the week prior to filling up the cart with groceries. Create a few meals that will utilize the same ingredients through various preparation techniques.

Buy vegetables frozen (avoids having to throw away) – Green Giant makes the steamers – where you can easily put the whole bag in the microwave for 5 minutes and they are done.

Each week I will provide you with a few of my favorite recipes as well that you can always try out for something a little different.

