

# january 2021 self-care bingo

Start this year off right by taking care of yourself, physically and mentally.

Throughout January, check off the boxes you've completed. If you get a full row, share it with us for a special surprise!

B	I	N	G	O
dance to your favourite song	enjoy <b>beef &amp; barley stew</b> for dinner	build a snowman	follow us on Instagram @realfoodforrealkids	meditate for 20 mins
enjoy a <b>ginger cookie</b>	try a new <i>craft</i> or <i>hobby</i>	leave us a review	enjoy <b>chick-a-noodle soup</b> for lunch	pick up a <b>new book</b>
try our <b>beef bolognese</b> bell pepper hack	try a <b>new vegetable</b>	free spot	take a <i>walk</i> outside	try an RFK <b>vegetarian dish</b>
make a snow angel	like us on Facebook @realfoodforrealkids	enjoy <b>sunshine dahl</b> for dinner	taste a new <b>international cuisine</b>	call a loved one
get a good night's <i>rest</i>	try a <b>new fruit</b>	try our <b>cocoa-beet loaf</b>	try a <b>jerk chicken</b> wrap for lunch	stretch for 20 mins

