B	I	N	G
Reply to our post on our community feed	Try a new food.	Post a photo of at least 3 of your completed challenges	Grow your own fruit or veg
Create a post on our community feed	Spend a day only eating food produced in the UK	Cook a meal together	Eat home-grown food
Cook a meal using less than 5 ingredients	Have a vegan day	Make friends with your local greengrocer	Eat your 7-a-day
For a week, at mealtimes quiz each other about where your food comes from	Have a vegetarian day	Create your own challenge	Substitute at least 2 items in your food shop for fairtrade items

B	I	N	G
Post a photo of at least 3 of your completed challenges	Have a vegetarian day	Make friends with your local greengrocer	Cook a meal together
Create a post on our community feed	Cook a meal using plant protein	Eat home-grown food	Substitute at least 2 items in your food shop for fairtrade items
Reply to our post on our community feed	Spend a day only eating food produced in the UK	Try a new food.	Have a vegan day
Grow your own fruit or veg	For a week, at mealtimes quiz each other about where your food comes from	Eat your 7-a-day	Cook a meal using less than 5 ingredients

B	I	N	G
Make friends with your local greengrocer	Cook a meal using less than 5 ingredients	Create a post on our community feed	Spend a day only eating food produced in the UK
Eat home-grown food	Try a new food.	Have a vegetarian day	Cook a meal using plant protein
Create your own challenge	Eat your 7-a-day	Have a vegan day	Substitute at least 2 items in your food shop for fairtrade items
Grow your own fruit or veg	Cook a meal together	Reply to our post on our community feed	Post a photo of at least 3 of your completed challenges

B	I	N	G
Make friends with your local greengrocer	Post a photo of at least 3 of your completed challenges	Cook a meal using plant protein	Reply to our post on our community feed
For a week, at mealtimes quiz each other about where your food comes from	Eat your 7-a-day	Grow your own fruit or veg	Have a vegetarian day
Create your own challenge	Try a new food.	Cook a meal using less than 5 ingredients	Eat home-grown food
Substitute at least 2 items in your food shop for fairtrade items	Have a vegan day	Create a post on our community feed	Spend a day only eating food produced in the UK

B	I	N	G
Eat your 7-a-day	Cook a meal using less than 5 ingredients	Post a photo of at least 3 of your completed challenges	Spend a day only eating food produced in the UK
Create your own challenge	For a week, at mealtimes quiz each other about where your food comes from	Eat home-grown food	Cook a meal using plant protein
Create a post on our community feed	Grow your own fruit or veg	Reply to our post on our community feed	Have a vegetarian day
Make friends with your local greengrocer	Have a vegan day	Try a new food.	Substitute at least 2 items in your food shop for fairtrade items

B	I	N	G
Spend a day only eating food produced in the UK	Post a photo of at least 3 of your completed challenges	Grow your own fruit or veg	Create a post on our community feed
Reply to our post on our community feed	Cook a meal using less than 5 ingredients	Try a new food.	Eat home-grown food
Create your own challenge	Substitute at least 2 items in your food shop for fairtrade items	Have a vegan day	Eat your 7-a-day
Have a vegetarian day	Cook a meal using plant protein	Cook a meal together	Make friends with your local greengrocer

B	I	N	G
Try a new food.	Have a vegan day	Grow your own fruit or veg	Post a photo of at least 3 of your completed challenges
Make friends with your local greengrocer	Eat your 7-a-day	Create a post on our community feed	Spend a day only eating food produced in the UK
Cook a meal together	Reply to our post on our community feed	For a week, at mealtimes quiz each other about where your food comes from	Cook a meal using plant protein
Substitute at least 2 items in your food shop for fairtrade items	Cook a meal using less than 5 ingredients	Create your own challenge	Have a vegetarian day

B	I	N	G
Make friends with your local greengrocer	Have a vegetarian day	Try a new food.	Substitute at least 2 items in your food shop for fairtrade items
Create your own challenge	Grow your own fruit or veg	Cook a meal using plant protein	Create a post on our community feed
For a week, at mealtimes quiz each other about where your food comes from	Post a photo of at least 3 of your completed challenges	Cook a meal together	Reply to our post on our community feed
Eat your 7-a-day	Eat home-grown food	Spend a day only eating food produced in the UK	Have a vegan day