EVENT IN A BOX ACTIVITY SUGGESTIONS
Adult and Senior Edition

Find out why fruits and veggies are important for healthy living.
Who is this for? Seniors
Why is this important? Eating fruits and veggies is a small change that makes a big difference!

Fruit & Veggie Crossword
Provided is a crossword for you to make copies of and hand out to each person to complete. Afterwards, discuss which fruits and veggies are everyone’s favorites.

Fruit & Veggie Cryptogram
Make copies of the cryptogram provided (on same page as crossword) and hand one out to each person to complete. Afterwards, discuss which fruits and veggies are everyone’s favorites and why.

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at EatWellBeWell.org/partners.