



## Frequently Asked Questions

### WHAT IS THE GOAL?

The goal is to take one or more easy steps each week to make healthier food choices. Eating healthier can be easy and by taking some simple steps you can experience the benefits of healthy eating without investing a lot of time or money. We hope this program helps you identify some healthy eating habits you can maintain.

### WHEN?

The program runs from September 26-October 27. You have 5 weeks to take 5 or more steps towards healthier food choices!

### HOW?

- 1) Register for the program
- 2) Print or review the BinGO HAWKS card
- 3) Each week from September 26 - October 27, try to complete one or more activities from the BinGO card and mark it off or record activities completed on the ICON quiz
- 4) At the end of the program, complete the evaluation and register for prizes

### WHAT IF I REGISTERED, BUT HAVEN'T RECEIVED ANY EMAILS ABOUT THE PROGRAM?

Your email may have been entered incorrectly on the registration! If you do not receive an email confirming your registration there may be a problem with the email entry. Contact [joann-miller@uiowa.edu](mailto:joann-miller@uiowa.edu) to check on your registration (and to correct the email if needed).

### WHAT IS A BINGO?

A bingo is completing any full line of activities across, down or diagonal. Examples of bingos are below:

X				
	X			
		X		
			X	
				X

*Bingo!*

X	X	X	X	X

*Bingo!*

			X	
			X	
			X	
			X	
			X	
			X	

*Bingo!*

			X	
X	X	X	X	X
			X	
			X	
			X	
			X	

*2 Bingos!*

X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X

*Blackout!*

At the end of the program you will be asked how many bingos you've been able to complete and be entered in a drawing for prizes based on the number of bingos you've completed (1 entry for each bingo, 15 entries for completing all of the activities (also known as a blackout)).

### IS IT OK TO ONLY COMPLETE THE ACTIVITIES IN ONE COLUMN/ROW?

Yes, if that's what you choose. But we encourage you to try to complete some (or all) activities from each week to try a variety of steps to eat healthier.

### DO I HAVE TO COMPLETE THE ACTIVITIES IN ORDER OF WEEKS?

No, you may complete any of the activities at any time during the 5 weeks. However you will receive tips to support some of the activities during the week that topic (or column of the bingo card) is featured.

## **WHY DO THIS?**

College students are often eating independently for the first time and establishing lifelong eating habits. Focusing on some healthier choices now can help establish better habits to support both short-term and long term health. This is an easy, fun way to put some focus on healthy eating habits and think about some different food choices.

Statistics show that Americans' diets lack fruits, vegetables and whole grains and include too much high fat animal protein. At the UI only 4% of students eat the recommended 5 servings of fruits and vegetables a day and many have diets low in fiber.

Making healthier choices can have a big impact on health by increasing intake of many vitamins, minerals, and fiber and reducing fat intake. This helps manage weight, boost immunity to reduce short term health problems like colds, flus and other viruses, and improves physical and mental energy and intellectual focus. Making healthier choices in college can support establishing better long term eating habits to prevent health problems like obesity, heart disease, cancer, diabetes and memory loss.

## **WHERE DO I TURN IN MY BINGO CARD?**

You do NOT have to turn in the BinGO card! Simply complete the final evaluation to report your progress. The evaluation will be emailed to you during the final week of the program.

## **HOW DO I GET MY PRIZE?**

When you complete the evaluation you will receive an email with instructions on picking up your prize for participating in the program.

Everyone who participates (registers for the program and completes the evaluation at the end) gets a prize to support healthier eating (salad shaker, water bottle or ear buds). You will also be entered into a drawing for healthy treats for each bingo you complete. Increase your chances for winning by doing more of the activities on the BinGO HAWKS card!