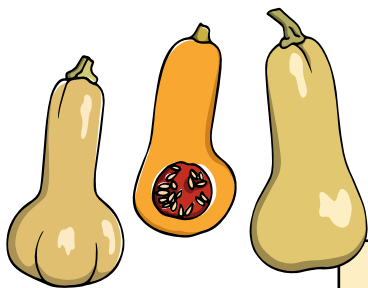


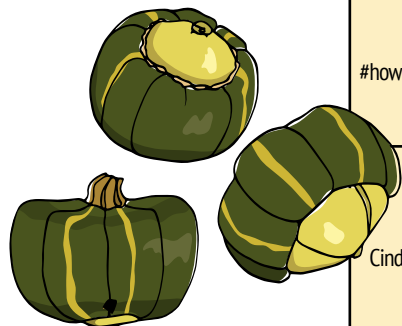
How To Feed a Senior WINTER SQUASH BINGO



Butternut Squash



Carnival Squash



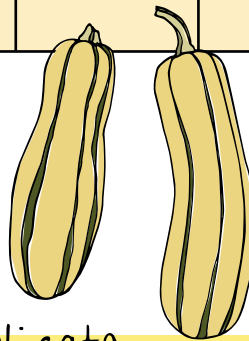
Buttercup Squash



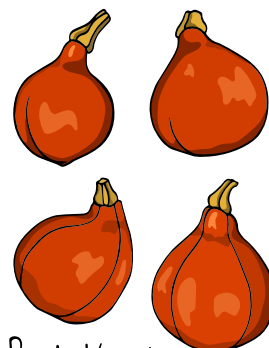
Fairytale Squash



Acorn Squash



Delicata Squash



Red Kuri



Sugar Pumpkin



Flat White Boer



Kabocha Squash



Speckled Hound #how2SpeckledHound	Kobocha Squash #how2KobochaSquash	Flat White Boer #how2FlatWhiteBoer	Acorn Squash #how2AcornSquash	Calabaza Squash #how2CalabazaSquash
Delicata Squash #how2DelicataSquash	Black Fatsu #how2BlackFatsu	Hubbard Squash #how2HubbardSquash	Red Kuri Squash #how2RedKuriSquash	Sweet Dumpling #how2SweetDumpling
Sugar Pumpkin #how2SugarPumpkin	Peanut Squash #how2PeanutSquash	FREE SPACE	Fairytale Pumpkin #how2FairytalePumpkin	Spaghetti Squash #how2SpaghettiSquash
Cinderella Pumpkin #how2CinderellaPumpkin	Carnival Squash #how2CarnivalSquash	Banana Squash #how2BananaSquash	Butternut Squash #how2ButternutSquash	Queensland Blue #how2QueenslandBlue
Jarrahdale Squash #how2JarrahdaleSquash	Buttercup Squash #how2ButtercupSquash	Honeynut Squash #how2HoneynutSquash	Turban Squash #how2TurbanSquash	Gold Nugget #how2GoldNuggetSquash

Rules

- Follow @howtofeedaseniior on Instagram
- Cook, make, or create recipes/meals utilizing a single winter squash per dish.
- Photograph your squash dish, tag @howtofeedaseniior and use the assigned squash hashtag when posting on Instagram.
- Participants should send a Direct Message to @howtofeedaseniior when they have achieved Winter Squash Bingo along with a photo of their Bingo board to confirm their prize.

Prizes

- The first 5 people to cook-up Winter Squash Bingo will win a culinary preserve.
- The first person to cook the full Winter Squash Bingo board will win a one-of-a-kind, hand carved wooden spoon.

Tip: Keep track of your photos as you progress through the season as you will need them to confirm your Bingo award. Participants should be prepared to submit their squash dish images via email upon completion of the game which will be crosschecked with the accompanying hashtags for reference.

*** The challenge will run throughout the Fall/Winter, officially ending on the Spring Equinox (March 20, 2019) or once all prizes have been claimed. Visit www.HowToFeedASeniior.com for more information.