

NEW YEAR'S RESOLUTION BINGO

COOKING SKILLS

Up your cooking skills with this BINGO card that will have you learn new techniques, practice less common ones, and cook foods from scratch. After getting BINGO or blackout on this card, you'll have improved your confidence in the kitchen and will have expanded your cooking repertoire.

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INSTRUCTIONS

Choose a prompt to follow, then make an "X" through the square when you're done. When you have five in a row in any direction, you win!



Make a stir-fry with odds and ends	Learn to cook a new vegetable	Make a sauce with fresh herbs	Learn how to balance (and adjust) sweet, salty, sour, bitter, and umami in your cooking	Watch a video to learn a new kitchen skill
Make something from scratch that you'd normally buy	Get your mise en place together before cooking	Learn how to poach	Make a meal with ingredients you have on hand	Have friends over for dinner
Learn to cook "en papillote"	Make homemade yogurt	Memorize a basic vinaigrette recipe	Learn a more efficient way to chop a veggie you use often	Make caramelized onions
Make a pan sauce	Time yourself chopping an onion, then try to improve your time	Finish a dish with lemon or lime juice	Roast veggies in the oven	Make your own stock
Cook a familiar ingredient using a new technique	Make a tomato sauce from scratch	Pickle your own vegetables	Memorize a basic marinade recipe	Learn to cook the perfect egg in your preferred style

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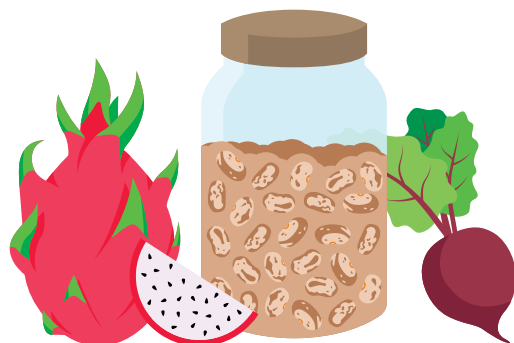
EATING MORE NEW & WHOLE FOODS

Even as adults, we tend to get into eating ruts, gravitating toward the same foods over and over. This card will help you improve your diet and try some new flavors and foods. You just may find your new favorite dish!

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Try a new fruit	Eat meatless for a day	Make a meal featuring a veggie as the "star" / main element	Visit the farmers' market	Add a side salad to a meal
Cook a dish from another culture	Make cauliflower rice	Sub a new ingredient in a familiar recipe	Eat at least six servings of produce in a day	Try a plant-based / vegan product
Make a dinner salad	Flip open a cookbook randomly and cook the recipe you find	Visit an international market and buy a food you've never tried before	Cook a dish you've never heard of before	Make a vegetable soup
Eat seasonally all day	Try a new or uncommon type of bean	Eat at least 20 different veggies in one week	Swap barley, farro, or bulgur for white rice	Try flavoring a dish with as little salt as possible
Eat a serving of veggies in your breakfast	Use a spice or spice blend you've never tried before	Prepare a meal with lentils	Finish a dish with a sprinkle of a seed or nut you don't normally eat	Make a meal with unusual-colored veggies (purple sweet potatoes, candy stripe beets, orange cauliflower, etc.)

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GET ORGANIZED

Getting organized in the kitchen will pay dividends all year long by saving you time, ensuring you're prepared for the unexpected, and creating a clean and tidy cooking environment. If you're having a hard time finding the motivation for a large organization project, this is the card for you! While working toward BINGO, you'll clean (and clean out) your kitchen, create some lists and cheat sheets for future reference, do some meal prep, and find more efficient ways to organize ingredients and leftovers.

INSTRUCTIONS

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Prepare a freezer meal	Plan your meals for the whole week	Clean a commonly used kitchen appliance	Prep ingredients for the week over the weekend	Organize your countertops to put items near where you'll use them
Clean out and inventory your freezer	Throw out old spices and add them to your grocery list	Use a reusable container / bag where you'd normally use plastic wrap / plastic bags	Clean and sanitize countertops	Buy sticker labels or dry-erase markers to date leftovers
Chop all the veggies you'll need all week	Buy bins, baskets, or shelves for areas that tend to get cluttered	Organize your fridge	Batch-prepare breakfast for the week	Create a chore chart or checklist for daily, weekly, monthly, and yearly cleaning
Make sure your fire extinguisher, smoke alarm, and CO ₂ detector are within their life expectancy	Clean out your cabinets or pantry	Store your favorite recipes in a binder, folder, digital photo album, Pinterest board, or app	Wash fruits and veggies as soon as you get them home	Make a list of go-to meals for busy nights
Create a cheat sheet of cooking times, ratios, and / or temperatures for foods you make most	Use up all the half-used produce in your fridge	Prepare individually portioned smoothie packs to freeze	Brainstorm a big list of meals you and your family would like to try	Clean up as you're cooking