



BLUE FOOD bingo

**Sushi,
Sashimi,
or Poke**

**Bivalve
(Clam,
Mussel,
Oyster, etc)**

**Baked OR
Grilled
Seafood**

**Fin fish
(Salmon,
Cod, Trout,
etc.)**

**Your
choice
(tell us)**

**Seaweed
or Sea
Veggie**

**Smoked or
Cured
Seafood
(like Lox)**

**Crustacean
(Shrimp,
Lobster,
Crab, etc.)**

**Tinned
or Canned
Seafood**

 OCEAN'S
BALANCE

 KVAROY
ARCTIC™

#SEAFOODMONTH