

Veggie Mania!

VeggieMania makes learning about vegetables fun! While you are playing, get to know all these Ontario-grown vegetables and find out how the vitamins and minerals help keep you healthy. You'll see that eating a variety of vegetables is a great way to make snacks and meals nutritious and delicious. Check for Ontario-grown veggies at your grocery store.

Number of Players: 2-4 players

Object of the Game: The goal is to be the first player to make a group of colours (red, green, white and yellow/orange) and to have the highest number of total points.

How to Play:

1. Any player shuffles the pack thoroughly and deals four cards, one at a time, to each player. A discard pile is placed in the middle face down.
2. The players look at their hands, while keeping them from the other players' view.
3. Each player passes one card to the left, face down and picks up the card passed by the player on his right OR places that card beside the discard pile and takes one from the discard pile.

4. When the dealer says "Pass" - the passing continues. As soon as a player assembles four cards of all colours, such as one red, green, white and yellow/orange, he says "VeggieMania!". The other players must immediately stop passing.
5. Everyone places their cards on the table face up and calculates the total points. For every hand, dark green or orange = 2 bonus points each, in addition to their total star rating. 1 point is deducted for every missing colour. The highest point total wins the game!

Canada's food guide says to eat at least one dark green and one orange vegetable every day. These cards are superstars and have 1 extra point in their star total. Each one also adds 2 points to your total game score.

The game can become more challenging if the rate of passing the cards happens more quickly so that players have a difficult time keeping up the pace!

For more fun VeggieMania games and activities, visit: www.veggiemania.ca

VeggieMania is brought to you by the Fresh Vegetable Growers of Ontario, Ontario Asparagus Growers' Marketing Board and the Ontario Potato Board.