

# MENU POKER

The idea of the game is to get members using their menus to earn a playing card for healthy items listed.

Let chapter know week before to keep an accurate menu because they will use them the next week.

## MENU POKER

You will need;

- 2 decks of playing cards
- members need their personal menus/eat sheets
- list of healthy items cut up into squares of one color (Ex...broccoli, whole wheat bread, apples (i typed out a complete list of vegetables and fruits-cut them up into squares of one color)
- Then on another color of paper list days of the week-and cut them up..)  
Days of the week I listed: M-F on one card, Mondays alone on another, one card could say weekends, lots of cards say ANY DAY)

You pick one card of food item and one card of day item-say you picked carrots and then for the day card you picked Wednesday: members check their menus if they had carrots listed -they get a playing card.

You continue picking food and days and calling until two members have 7 cards. Then all members check their hand (no matter how many cards they have) for the best poker hand. Winner got a small prize. (Sometimes members could bring a fruit and they play for the basket) or free monthly dues? We usually play two games- as time permits. The better the menu the more the cards the more likely you are to be a winner all the weigh around! :)

I find it gets the members thinking about what They should be eating and it also gets them more excited about keeping a good menu with healthy foods in their diets.

Of course someone needs to know what hand beats what hand- for example we go by this rule- (from lowest to highest)

if two members have the same hand-the highest hand always wins-example two members have 2 pairs one has Aces one has a pair of twos-Aces win-

straight? high card straight would win-

high card

2 pairs

3 pairs

full house

5 card straight

5 card straight of the same suit