



The Minnesota Vikings Foundation is committed to advancing the well-being of youth through health and education initiatives. To help meet the needs of our communities at this time, our Vikings Table food truck program is serving up healthy meals in a different way.

It is important to keep your body and mind healthy and strong. Enjoy this nutritious lunch made special for you because eating fruit, vegetables and dairy like milk and cheese every day will help you to be your best self.

You can also keep your mind active at home with this activity page designed for the entire family! We want to see your Vikings spirit through your artwork. Share your art by posting a picture of it on social media using these tags so we are sure to see it.

#VikingsFamilyTable  @vikingstable

Thank you to all of our partners who made this possible. From all of us, we invite you to have a seat at our family table and join us as we **Forge Ahead Together!**



THE NORSEMAN



PRESENTED BY
XcelEnergy[®]

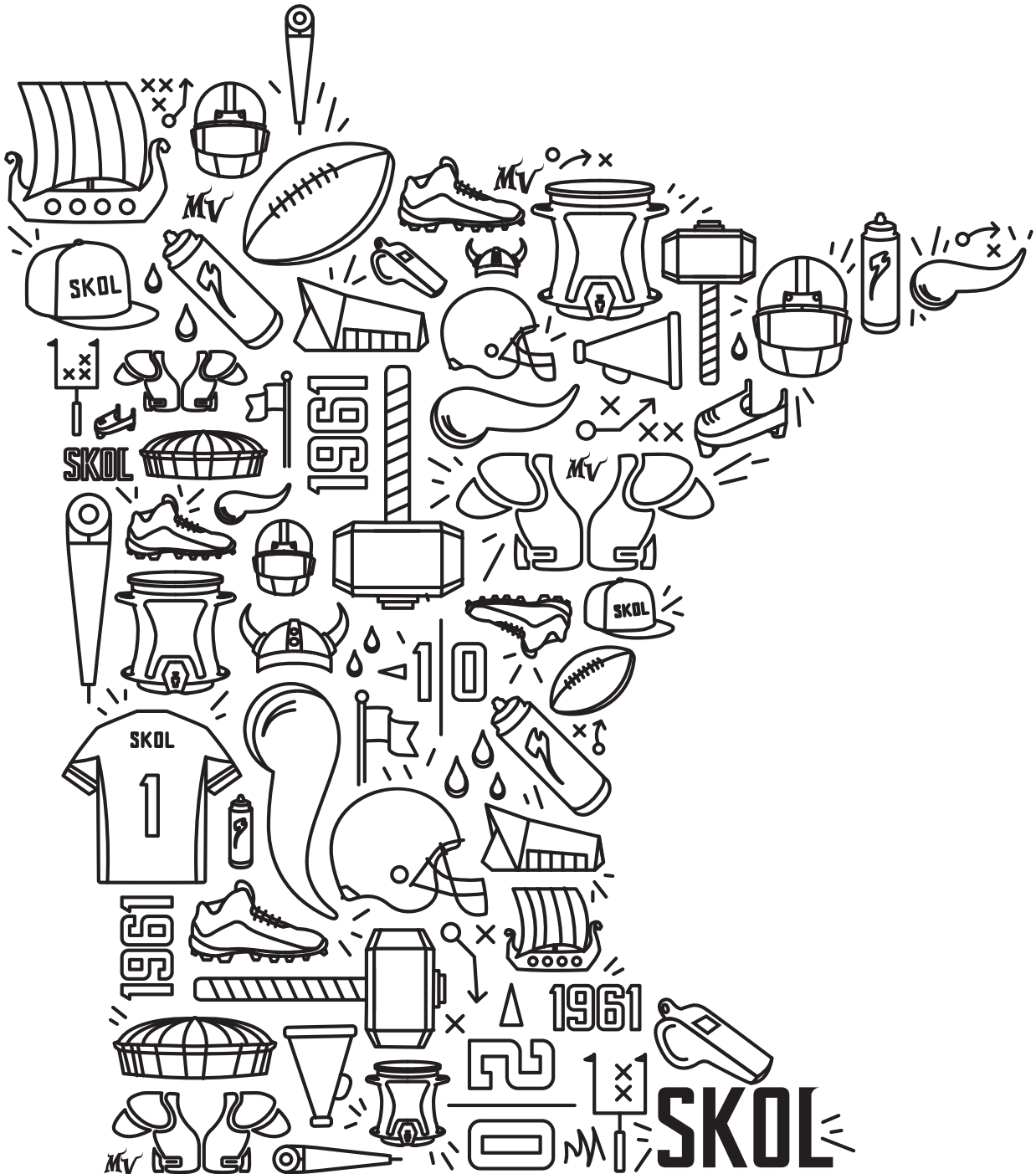
The Norseman has been the
Vikings Logo since 1961.



MINNE-SKOL-TA



PRESENTED BY
Xcel Energy

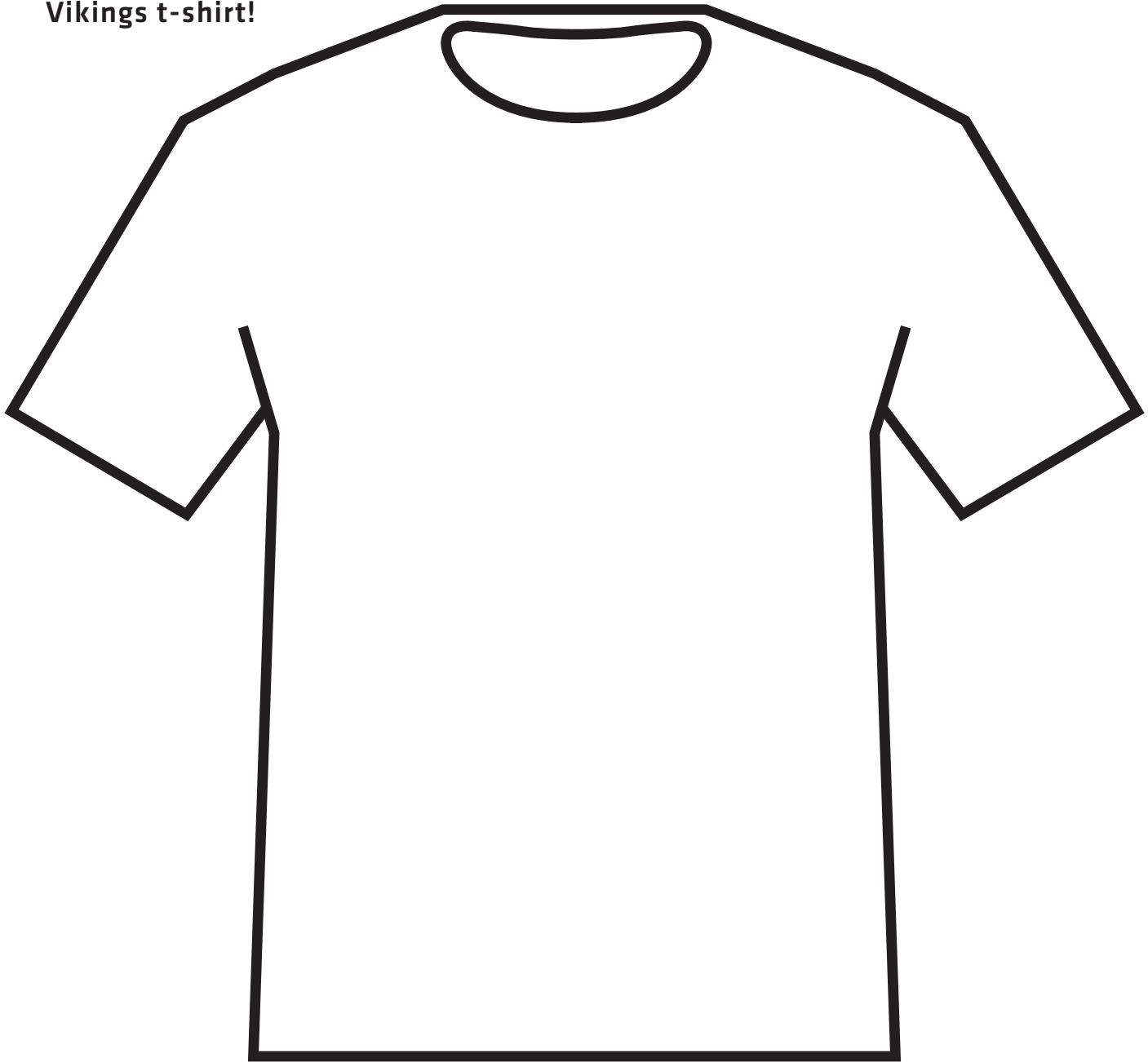


VIKINGS SHIRT DESIGN



PRESENTED BY
XcelEnergy[®]

Design your very own
Vikings t-shirt!



WORD SEARCH



PRESENTED BY
XcelEnergy[®]

X M L N F E R Y B I H A G U F M N U Q R
L K F O Q U A R T E R B A C K I A V C L
B L Z I K H V L Y S M U T Y D N M H J M
Z I Z T E S T P L E B O X R Z N E O K L
X N U P R L J I L A U Y O G P E S E E W
X A O E A N D P M C B F Z O U S R K Z X
C L T C F N R G H S D T N C Y O O G I T
D Y H R R U I D O A N M O L E T N S M F
Y C J E P M O W R A F O R O V A D F M K
T K M T W W S B F P L K S U F A A C E G
E E H N N S S O T N I O C I P H L J R L
Y Y M I F G X O V Y Q J X R R E N Q V F
E S U L V Q Y P E G G N E A A R C X I L
S B T T E I P I J Y W D F T C A A F K Q
R P R A D H K P T A L U S W Q V K H I C
E C C P D C R T E U T E M E R B E H N Z
J L L N O I N H O E N D Z O N E R S G S
B X T A K N U H Y R L I F S Y N Q X S G
T A C K L E S M A B Z F A P B H B D Q F
O H B Y H N U E L B M U F K C A S A N R

CLEATS

FUMBLE

NORSEMAN

STADIUM

COACH

HARRISON SMITH

PURPLE

TACKLE

COIN TOSS

HELMET

QUARTERBACK

TOUCHDOWN

END ZONE

INTERCEPTION

SACK

VIKINGS

FIELD GOAL

JERSEY

SHOULDER PADS

VIKTOR

FOOTBALL

MINNESOTA

SKOL

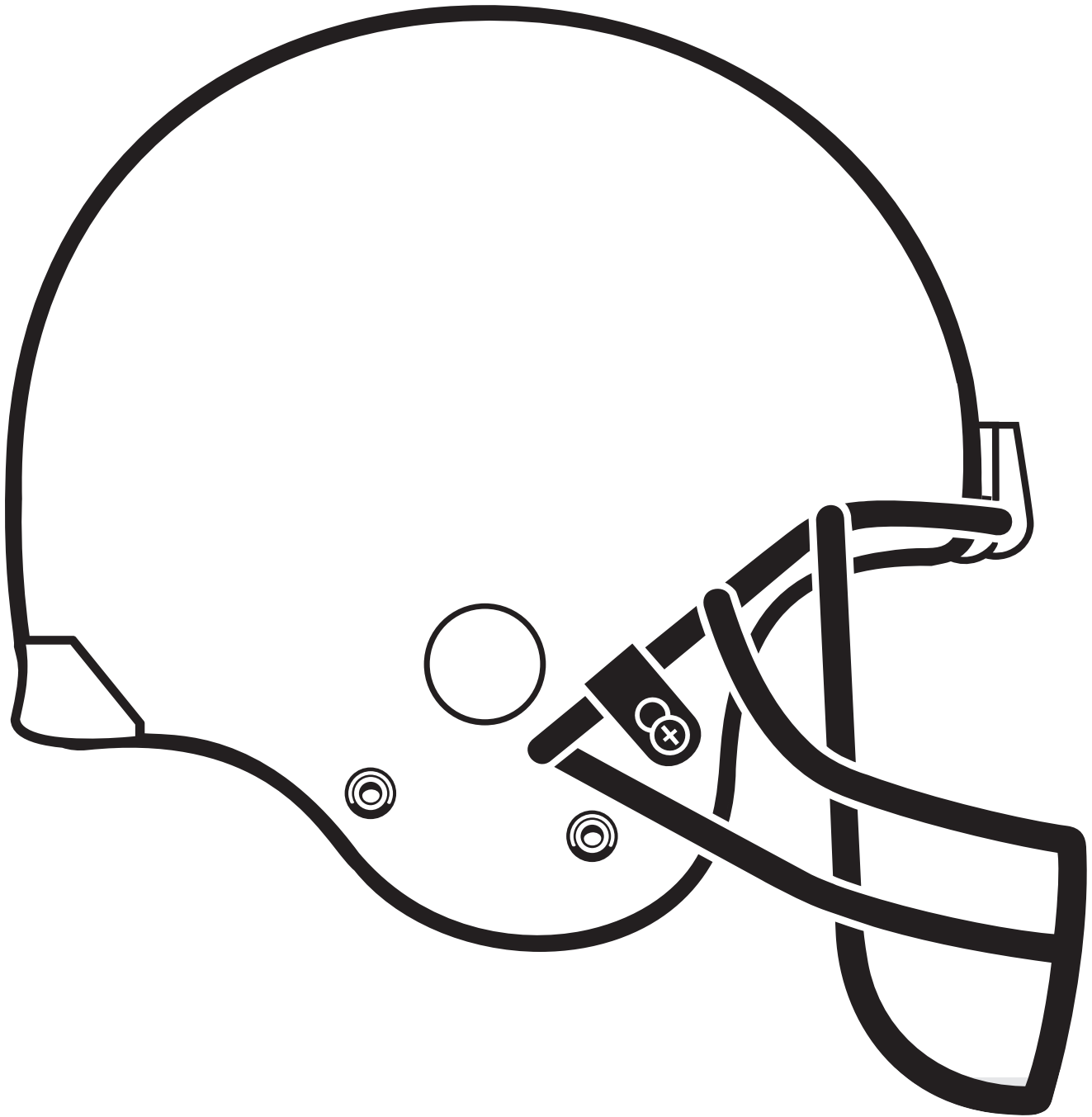
ZIMMER

HORNED HELMET



PRESENTED BY
XcelEnergy[®]

If you could redesign the Vikings helmet, what would you do? Draw yours below.



VIKTOR THE VIKING



PRESENTED BY
XcelEnergy[®]

Viktor the Viking has
been the teams official
mascot since 2007.



WEAR THE HORNS



PRESENTED BY
XcelEnergy[®]



**Draw yourself
wearing the
Helga horns!**

YOU MADE THE TEAM!



PRESENTED BY
XcelEnergy[®]

Customize the
jersey below with
your name!

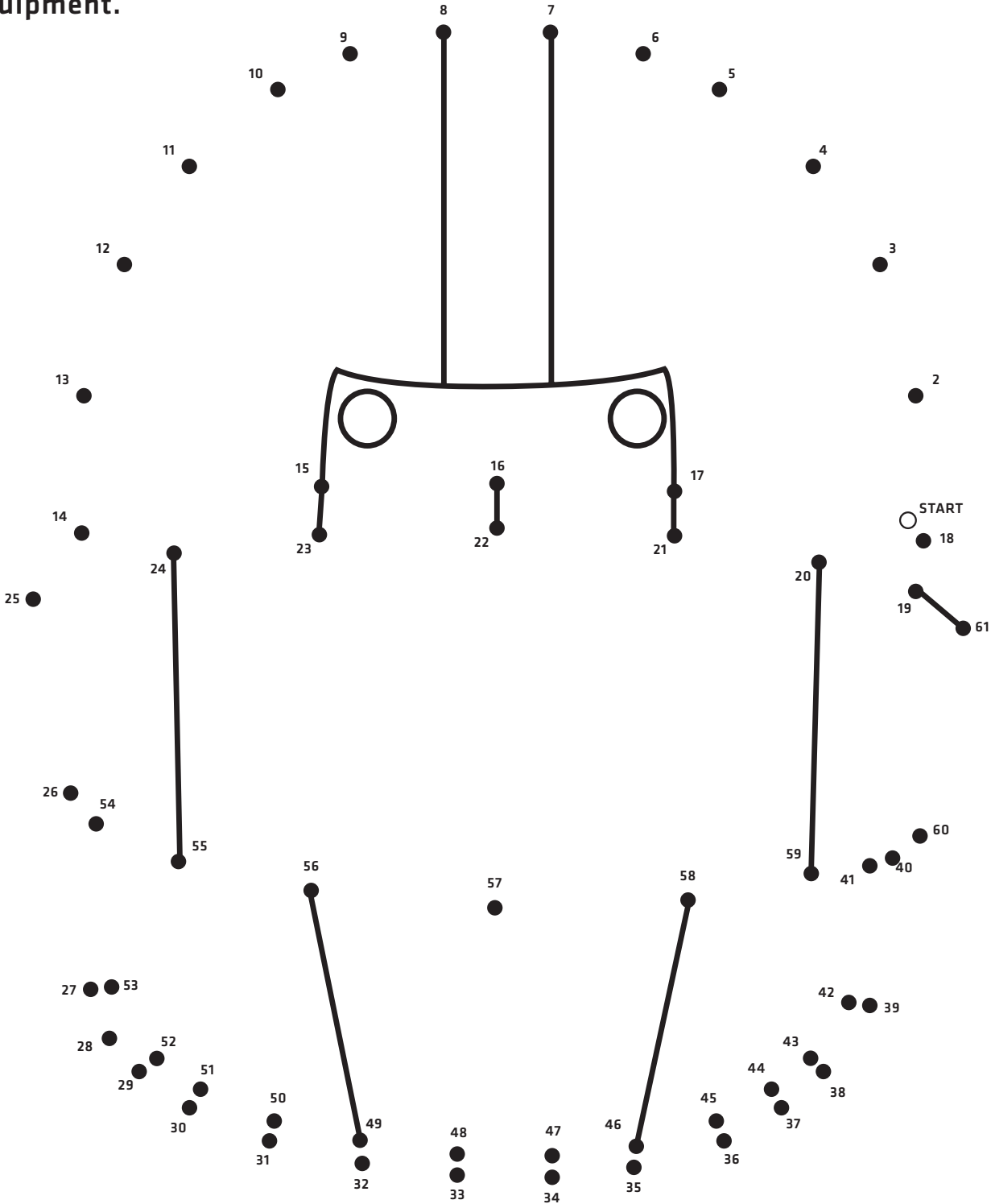


CONNECT THE DOTS



PRESENTED BY
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Connect the dots to
reveal the missing piece
of equipment.



X'S AND O'S



PRESENTED BY
Xcel Energy[®]

A collection of 15 tic-tac-toe grids arranged in a scattered pattern. Each grid is a 3x3 square formed by three lines. Some grids are empty, while others have one or two 'X's or 'O's placed in various positions. Hand-drawn arrows and small circles are scattered around the grids, pointing towards specific cells, likely indicating a strategy or a winning move. For example, one grid has an 'O' in the top-left cell and an arrow pointing to the top-right cell. Another grid has an 'X' in the top-right cell and an arrow pointing to the middle-right cell.