



PUZZLE PLAY ACTIVITY BOOK





PUZZLE PLAY

Welcome to Ocean Spray® Puzzle Play!

We are an agriculture cooperative owned by 700 family farmers. As a cooperative, Ocean Spray and its farmer-owners have a commitment to the healthy goodness of our products and promoting sustainability on our farms all to better connect to families for a better life. Our farmers harvest goodness every day. We do tiny things to care for our tiny berries, because we know that the tiny choices of today can help harvest a better tomorrow.

One of the tiny things we do is care for our community and partners like we care for our products and nature on our farms. Our cranberry farmer-owners love doing different types of puzzle activities – from a good crossword puzzle, to a game of cards or a quick jigsaw puzzle. We have recreated some of those just for you as part of Ocean Spray® Puzzle Play. All of the activities focus on our favorite thing – cranberries!

Puzzle Play provides activities to stimulate and support good cognitive health while having fun alone or with a friend. Puzzles have lots of great benefits like helping to improve memory and concentration, enhance problem-solving skills and reduce stress.

We hope that you too will harvest goodness in every day with Ocean Spray® Puzzle Play activities as part of your daily routine.

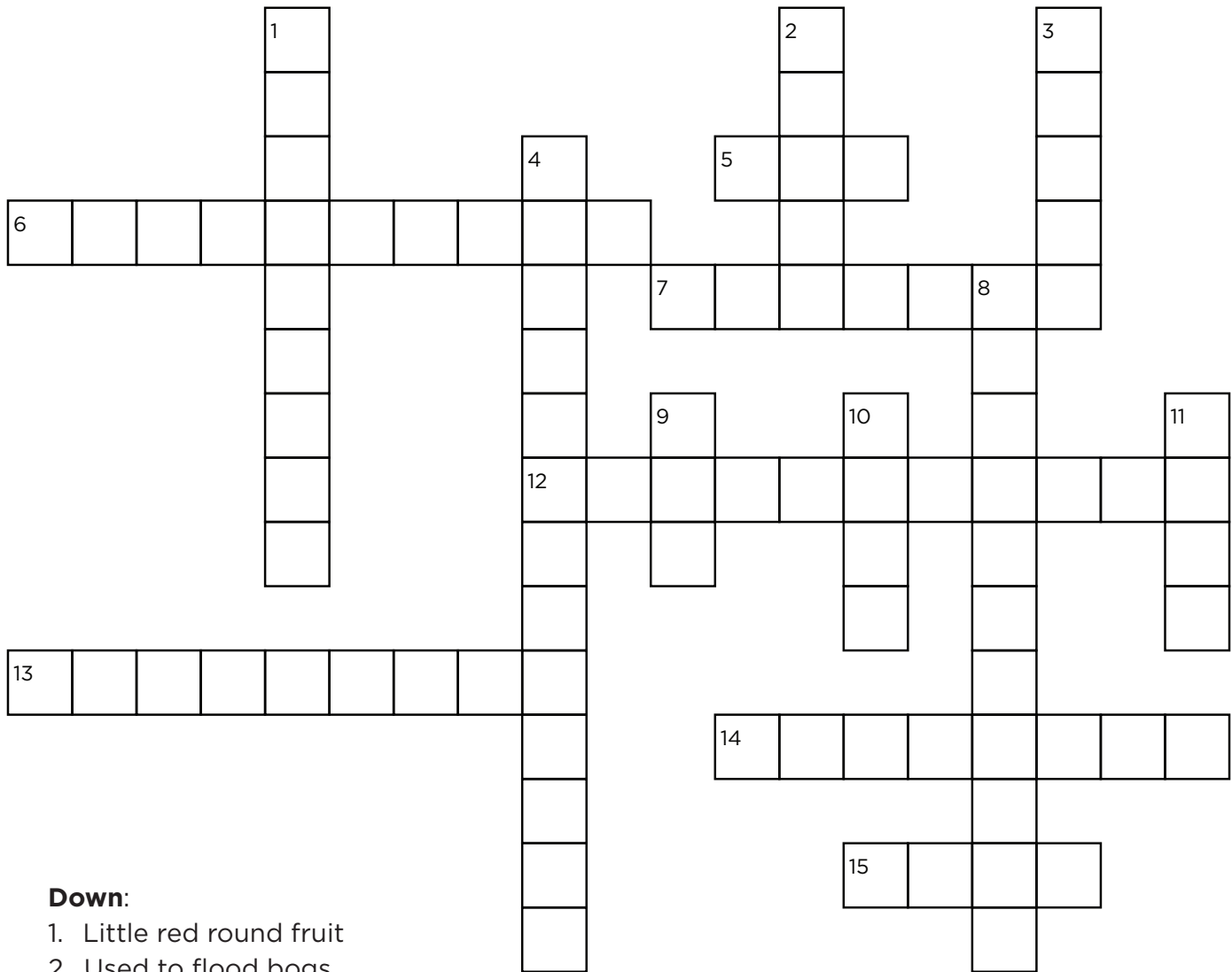




Cranberry + health™
Clinically Proven Formula*

PUZZLE PLAY

crossword puzzle



Down:

1. Little red round fruit
2. Used to flood bogs
3. Juice serving _____ ounces
4. Cranberry growing state
8. Environmentally friendly
9. Cranberries grow here
10. Ribbit
11. Pollinators

Across:

5. 8 ounces of
Cranberry +health™
a day can reduce the
occurrence of this
6. Cranberry cooperative
7. Gather crops
12. Group of farmers
13. Substances in food
that provide nourishment
14. Having enough fluids
15. Third season



* Can be a nutritional approach to maintaining urinary tract health
American Journal of Clinical Nutrition 2016

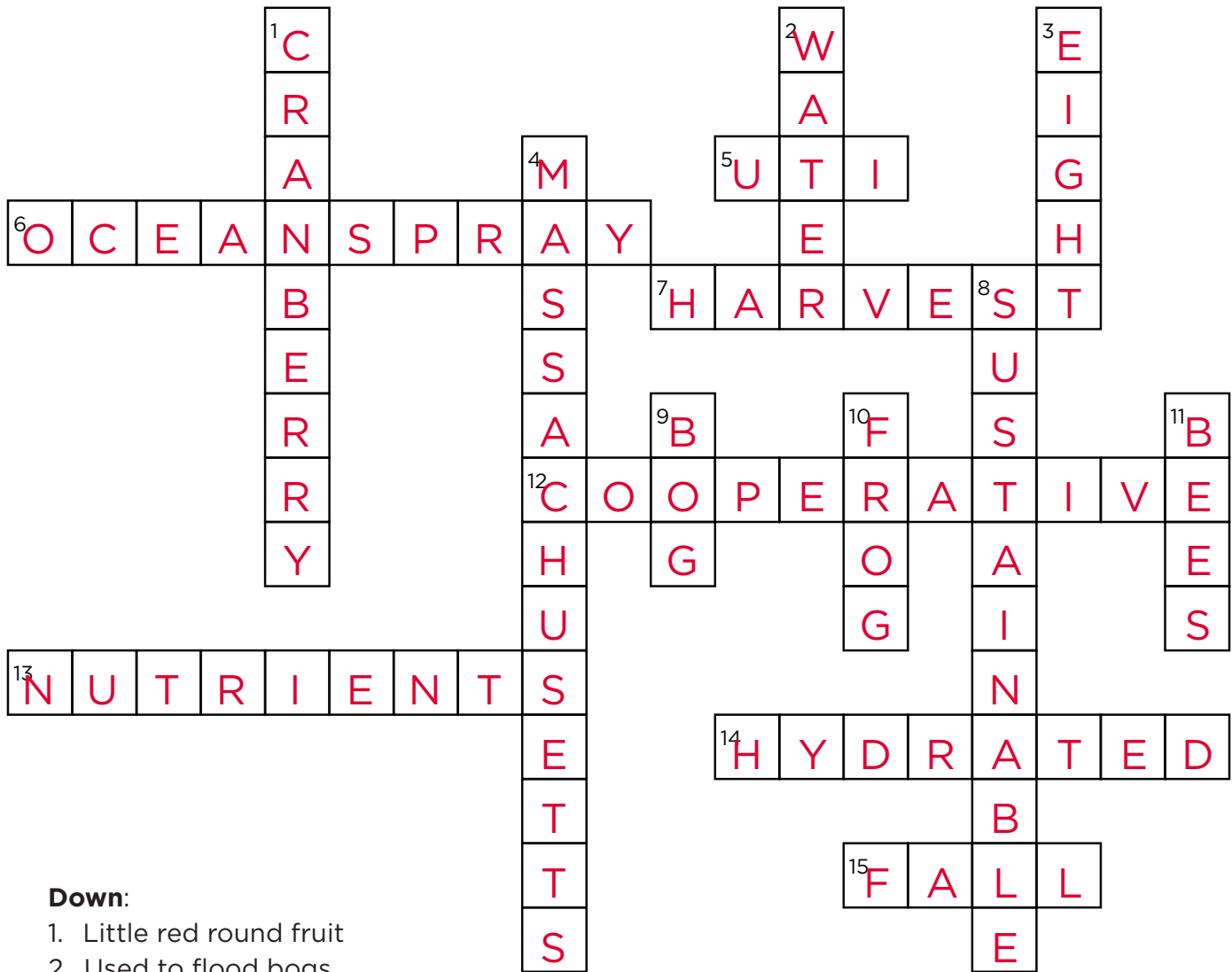
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PUZZLE PLAY

crossword puzzle



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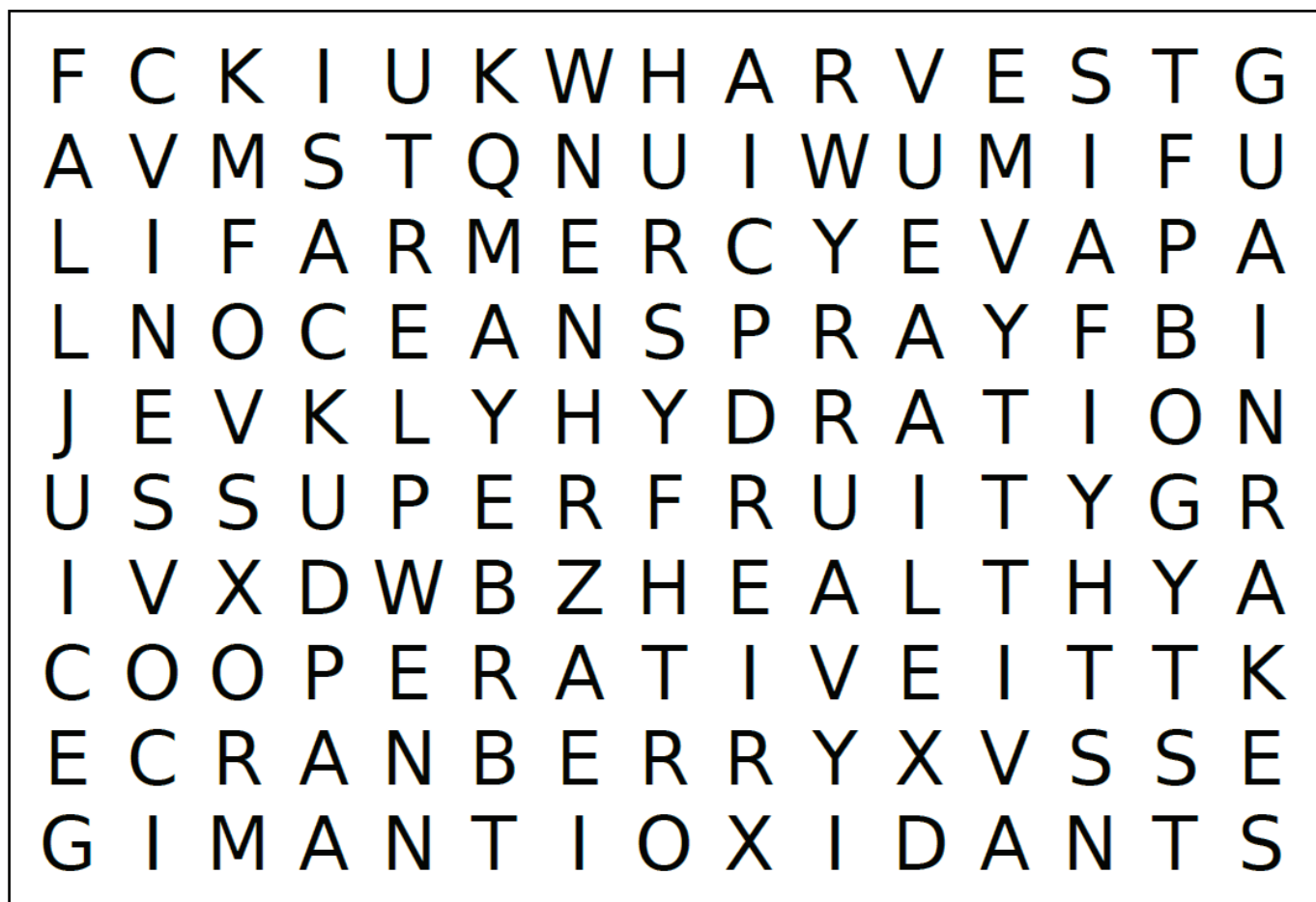
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ANTIOXIDANTS

HARVEST

CRANBERRY

RAKE

COOPERATIVE

HEALTHY

VINES

BOG

OCEAN SPRAY

FARMER

JUICE

HYDRATION

SUPERFRUIT

FALL



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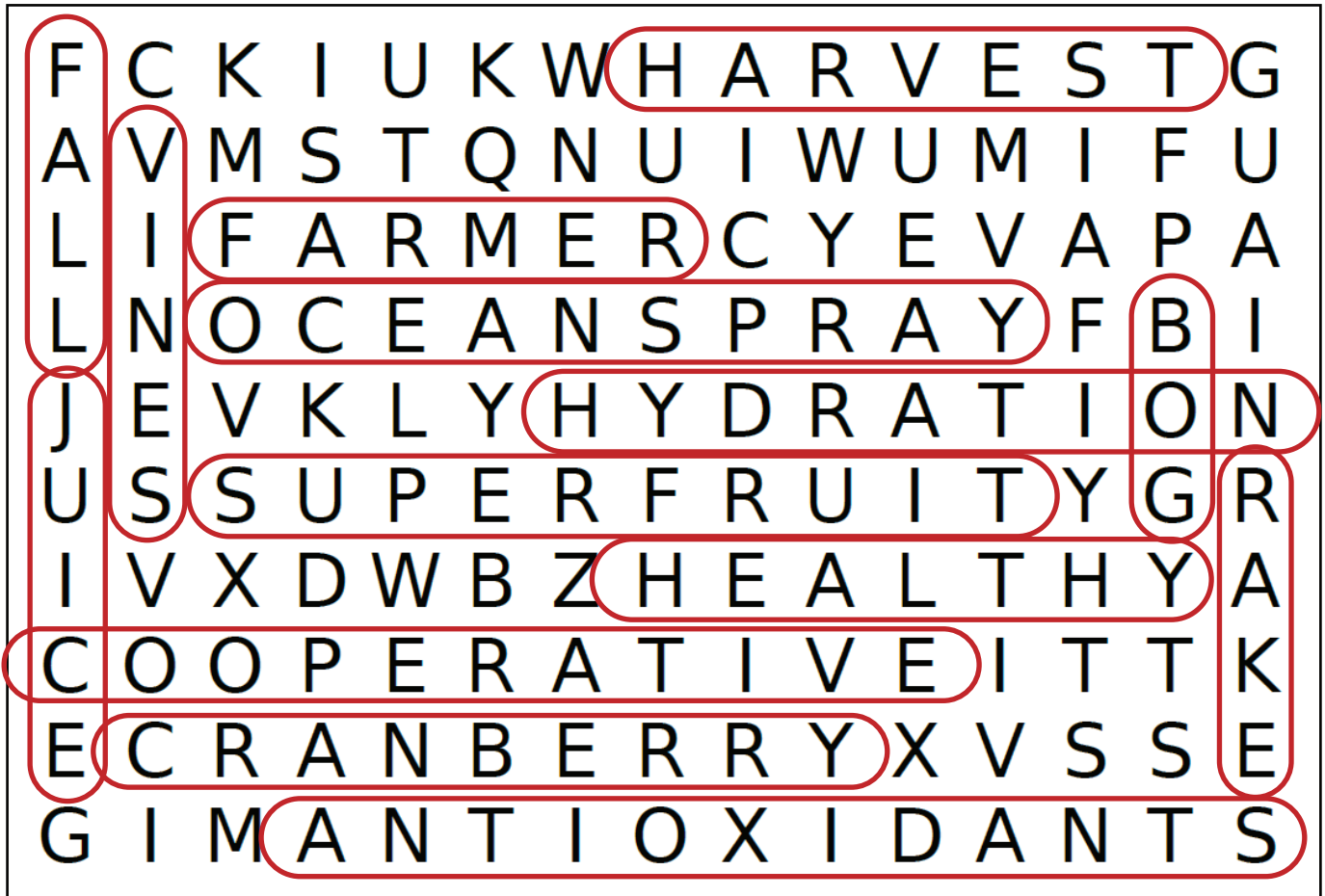
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Cranberry  health
Clinically Proven Formula*

PUZZLE PLAY

word search



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Make as many words as you can from the game word:

PROANTHOCYANIDINS

Promoting Urinary Tract Health: What are proanthocyanidins (PACS)?

PACs are polyphenol antioxidants which have many health promoting benefits. The PACs found in cranberries prevent the adhesion onto cell walls of certain harmful bacteria, including *E. coli* associated with urinary tract infections.

1. _____	11. _____	25. _____
2. _____	12. _____	26. _____
3. _____	13. _____	27. _____
4. _____	14. _____	28. _____
5. _____	15. _____	29. _____
6. _____	16. _____	30. _____
7. _____	17. _____	31. _____
8. _____	18. _____	32. _____
9. _____	19. _____	33. _____
10. _____	20. _____	34. _____
	21. _____	
	22. _____	
	23. _____	
	24. _____	

Anthocyanidins are responsible for the deep red cranberry color.



Bragging Rights Scoring:

1-25 words = Good
25-50 words = Berry Good
50-75 words = Berry Berry Good
75-100 = Crantastic
100+ = Cranberry Expert!

PROANTHOCYANIDINS

- | | | |
|-----------|-----------|------------|
| 35. _____ | 57. _____ | 79. _____ |
| 36. _____ | 58. _____ | 80. _____ |
| 37. _____ | 59. _____ | 81. _____ |
| 38. _____ | 60. _____ | 82. _____ |
| 39. _____ | 61. _____ | 83. _____ |
| 40. _____ | 62. _____ | 84. _____ |
| 41. _____ | 63. _____ | 85. _____ |
| 42. _____ | 64. _____ | 86. _____ |
| 43. _____ | 65. _____ | 87. _____ |
| 44. _____ | 66. _____ | 88. _____ |
| 45. _____ | 67. _____ | 89. _____ |
| 46. _____ | 68. _____ | 90. _____ |
| 47. _____ | 69. _____ | 91. _____ |
| 48. _____ | 70. _____ | 92. _____ |
| 49. _____ | 71. _____ | 93. _____ |
| 50. _____ | 72. _____ | 94. _____ |
| 51. _____ | 73. _____ | 95. _____ |
| 52. _____ | 74. _____ | 96. _____ |
| 53. _____ | 75. _____ | 97. _____ |
| 54. _____ | 76. _____ | 98. _____ |
| 55. _____ | 77. _____ | 99. _____ |
| 56. _____ | 78. _____ | 100. _____ |



Cranberry +health™
Clinically Proven Formula*

HAVE YOU ASKED WHAT'S IN YOUR CRANBERRY JUICE?

Did you know, some cranberry juice products used in healthcare do not actually contain much cranberry juice? Some contain 4-15%, which means they have little of the good cranberry benefits that promote urinary tract health.¹ These juice products also typically contain high fructose corn syrup, artificial dyes, and have up to 28 grams (or seven teaspoons) of sugars.

Superior Nutrition

8 FL OZ serving of Cranberry +health™
juice drink contains:

- + 27% cranberry juice
- + Only 35 calories, 6g of sugars and 9g of carbs
- + No HFCS (high fructose corn syrup) and no artificial dyes
- + Highest strength Ocean Spray® Cranberry Juice Drink²



Superior Benefits

- + Well-balanced, great taste
- + Diabetic friendly*
- + Provides fluid hydration
- + Promotes urinary tract health
- + Formula clinically proven to reduce the recurrence of symptomatic UTIs in women by almost 40% with 8 FL OZ per day³

Cranberry +health™: Filtered Water, Cranberry Juice (Water, Cranberry Juice Concentrate), Fructose, Natural Flavor, Pectin, Sodium Citrate, Acesulfame Potassium, Sucralose.
*Please consult your healthcare professional before making any dietary changes

¹ Based on a review and comparison of 4.2 oz Cranberry +health™ juice drink to 4.2 oz of popular cranberry drink products in healthcare

² Contains an average of 120mg Proanthocyanidins (PACs) per 8 FL OZ serving of 27% juice

³ Maki K, Kaspar K, Khoo C, Derrig L, Schild A, Gupta K. Consumption of a cranberry juice beverage lowered the number of clinical urinary tract infection episodes in women with a recent history of urinary tract infection. Am J Clin Nutrition 2016; 103:1434-1442

† Can be a nutritional approach to maintaining urinary tract health
American Journal of Clinical Nutrition 2016

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Answer the questions below correctly then put them in order to spell out the secret word.

1. How much actual cranberry juice is in most cranberry juice products on the market today?
S. 4-15%
T. 50%
U. 100%
2. How much cranberry juice does the Cranberry Institute recommend for maximum health benefits?
T. 5%
U. 25%
V. 50%
3. How much cranberry juice is in Ocean Spray Cranberry +health™?
N. 5%
O. 15%
P. 27%
4. How much sugar do some cranberry juice products contain in an 8 oz. serving?
C. 1 gram
D. 5 grams
E. Up to 28 grams which is 7 teaspoons
5. How many grams of sugar are in an 8 oz. serving of Cranberry +health™?
P. 50 grams
Q. 20 grams
R. 6 grams
6. How many calories are in an 8 oz. serving of Cranberry +health™?
J. 35 calories
K. 100 calories
L. 200 calories
7. Is Cranberry +health™ diabetic friendly?
U. Yes
V. No
8. Who can contract a UTI (Urinary Tract Infection)?
F. Men
G. Women
H. Children
I. All of the Above
9. Does Cranberry+health™ contain any HFCS (High Fructose Corn Syrup), artificial dyes or artificial flavors?
B. Yes
C. No
10. How much Ocean Spray Cranberry +health™ do I need to drink to help prevent UTIs and aid in hydration?
E. 8 oz. per day
F. 8 oz. per week
G. 8 oz. per month

Secret Phrase:

1 2 3 4 5 6 7 8 9 10



A GROWER-OWNED COOPERATIVE

Our 700 family farmers span multiple generations and a good game of cards is a staple in many homes. From Gin Rummy to Solitaire to a fun game of Go Fish, cards have passed time on rainy days, Friday nights and quiet Sunday afternoons. We hope you enjoy your Ocean Spray playing cards and these games that can be played by a single player.

CLOCK: You will want plenty of time, and patience, to play Clock. This is a fun game for beginner card players or anyone looking for a new game. Time will stop when you play Clock.

Level: Moderate

How to play:

1. Start with a 52-card deck, take out the jokers and shuffle the cards.
2. Deal 12 cards face down in the shape of a clock (circle) and place one additional card in the center of the circle. Keep dealing around the clock and in the middle until there is one card left in your hand. The cards should all be face down. You will have 4 cards on each clock pile, 3 cards in the middle and 1 card in your hand.
3. Each pile represents a number on the clock 1 - 12 (1:00-12:00). Aces = 1, Jacks = 11 and Queens = 12. The pile in the middle is for the Kings.
4. Look at the card in your hand and place it face up at the bottom of the correct pile on the clock and take one card from the top. For example, if you have a 5 place it face up at the bottom of the pile at 5:00. If you pick a King put it face up at the bottom of the middle pile and pick a card from the top of the pile.
5. Look at the card from the top of the pile and place it face up at the bottom of the next corresponding pile. For example, if you pick up an 8 put it face up on the bottom of the pile at 8:00.
6. If you turn over a King that goes into the middle and you draw from there. Place that card next to the corresponding clock time. For example, a Jack goes next to 11:00, and so on.
7. Keep drawing cards and placing them under the correct clock piles.



To Win: Uncover all cards on the clock before all 4 Kings are in the middle pile. Not an easy task but if you can do it you are Royalty! Once all 4 Kings are in the middle the game is over.

[†] Can be a nutritional approach to maintaining urinary tract health
American Journal of Clinical Nutrition 2016

CARD PLAY

beehive solitaire



Bees pollinate cranberry plant flowers in the spring that become the luscious deep red fruit in the fall. So, it's no wonder we love Beehive Solitaire.



Level: Easy/Moderate

How to play:

1. Remove the jokers from a 52-card deck, shuffle well and count off 10 cards and put them face down in a pile with the top card showing. **This is your beehive.**
2. Deal the next 6 cards in 2 rows of 3 cards each, all face up. **This is your flower garden.**
3. Hold the rest of the cards in your hand, face down. **This is your working pile.**
4. Start by pairing any cards that match in value (e.g. 3's, 4's, queen's etc.)
 - If two cards in the garden have the same value, place one card on the other.
 - If a card on the beehive has the same value as a card in the garden, place it on the garden card and flip over the next card in the beehive.
 - Fill empty garden spots from the top card on the beehive.
5. When all the cards of the same value in the garden and from the beehive have been matched, deal off 3 cards from the working pile in a pile face up. If the top card in the working pile has the same value as any card in the garden, place it on the garden card. Anytime a card in the working pile or beehive matches, place it on the garden.
6. As you uncover and match cards of the same value, remember to use the beehive to fill empty garden spots. Whenever you collect a set of 4 cards with the same value in the garden (e.g. 4 Jacks) the fruit is ripe and it is time to harvest! Take them out of the garden, set them aside and fill the empty space from the beehive.
7. When the beehive is empty, fill the empty spaces with the top card of the working pile. Once you deal all of the cards in your hand into the working pile, turn it over and go through it again. Remember, counting off 3 cards at a time.



To Win: If you can collect all the cards in sets of 4, you are as sweet as honey in the beehive and you win the game! If you go through the working pile without being able to put a single card in the garden you have been stung by a bee and need to start again.

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CARD PLAY

wish solitaire

If you have patience this is the game for you. If you like to make wishes this is the game for you.
If you have patience and like to make wishes – you will love Wish Solitaire!

Level: Easy

How to play:

1. Wish Solitaire uses 32 cards. Remove all of the 2s to 6s from the deck.
You will be left with 32-cards, 7s through aces.
2. Shuffle cards well and deal 8 cards in a row face down from left to right.
3. Continue to deal the whole deck into 8 piles of 4 cards each.
4. Turn over the top card of each pile so they are face up.
5. Make pairs by matching any two cards that have the same value and take them away.
Cards can be any suit.

Rule: A pair is two cards with the same value. Suits do not matter (For example two 8s, two 10s, two queens, etc.).

6. When you remove a card from the top of the pile, what card will you wish for? Make a wish for the card that you want then turn over the next card on the pile so you have 8 cards that are face-up.
Repeat matching pairs of cards and clear them away until there aren't any pairs left.

To Win: You are done when you can't match any more pairs. Clear away all the piles in pairs and your wishes will come true.



CRANBERRY +HEALTH™ IS
CLINICALLY PROVEN TO PROMOTE
URINARY TRACT HEALTH.

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CARD PLAY

accordion solitaire

Accordion is a game we are addicted to playing. The game seems so easy, but don't let that fool you. If you are up for a challenge and some fun – Accordion is the game for you!

Level: Moderate/Expert

How to play:

1. Remove the jokers from a 52-card deck and shuffle well.
2. Place the deck face down. Turn over the top card and place it to the right of the pile to start the game.
3. Turn over the next card. If the card is the same suit (both clubs, for example) or the same value (both jacks) as the first card, put the second card on top of the first. If you don't have a match, place the card to the right of the first card to start a new pile.
4. Turn over the next card. Ignore the first card and compare it to the second card. Again, if the suits or the value of the cards match, put it on top of the second card. If not, place it to the right of the second card.
5. Repeat this process until you have at least 4 cards or piles to the right of your deck. From now on you can match the card you draw with the card furthest to the right of the deck or the card that is three cards from the card furthest to the right of the deck to see if it matches in suit or value. If you have a match, place your card on top of the card it matches. If you have more than one match, you can pick where you want to place the card.

Rule: When matching cards (of suit or value) any pile can be moved onto the pile to its left, or the pile third to its left, provided the top cards of the piles match in either suit or value.

6. Continue by going through every card in the deck in this way.



Tip: Before moving cards or piles consider all of the possible moves to make sure you don't miss any. Sometimes moving one card or pile opens up more moves.

To Win: The object of the game is to compress the entire deck into one pile like an accordion. Good luck!

**CRANBERRY +HEALTH™
PROMOTES FLUID HYDRATION**

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American Journal of Clinical Nutrition 2016