



# Create a Healthier Plate

## **Focus Area: Healthy Eating**

**Objective:** To improve overall eating habits by making more balanced meals with proportions that closely reflect the [USDA's MyPlate](#) guidelines.

**Length of Challenge:** Four-weeks (length of time is flexible; contact your Regional Wellness Coordinator for assistance with editing)

## **Materials Needed:**

- Sign-Up Sheet/Form (optional, but recommended)
- Create a Healthier Plate Food Journal
- Prizes (optional)

## **Directions:**

- Strive to enjoy overall well-balanced meals/plates throughout the challenge.
- Use Food Journal to track foods eaten throughout the challenge and log any food-related emotions.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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## Getting Started:

1. Decide the dates your "Create a Healthier Plate Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Determine how participants will submit their Food Journals and how winners will be rewarded.
  - *Remember: Challenge rewards do not have to be tangible. Announcing the winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates of when the challenge will begin and end.
  - Instructions for how to participate in the "Create a Healthier Plate Challenge".
  - Details about how to submit their Food Journals and how winner(s) will be rewarded.  
*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach via email the "Create a Healthier Plate Challenge Food Journal" and distribute to all participants.
7. Remember to send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (Request 'Sample Emails' from your wellness coordinator.)
8. As the challenge comes to an end, send out a reminder to participants to submit their "Create a Healthier Plate Challenge Food Journal" and announce the winner(s)!