



Green Plate Challenge

Focus Area: Healthy Eating

Objective: Include more green fruits and/or vegetables in your diet to try to get the [recommended amounts](#) of nutritious foods that help reduce your risk of chronic disease and improve your health.

Length of Challenge: One-week (can be extended)

Materials Needed:

- [Interest Form](#) (optional, but recommended)
- Challenge Tracker
- Prizes (optional, but recommended)

Directions:

- Aim to enjoy more servings of GREEN fruits and vegetables at meals and snacks.
- List the serving(s) of GREEN fruits and/or vegetables you eat during your day in your Challenge Tracker. (Only GREEN fruits and veggies count in this challenge!)

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 "Green 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 Challenge Trackers 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 flyer 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 flyers.)
5. At the end 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 the challenge will begin and end.
 - Instructions for how to participate in the "Green Plate Challenge".
 - Details about how to submit their Challenge Trackers 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 "Green Plate Challenge Tracker" 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 WFHTN Wellness Coordinator.**)
8. As the challenge comes to an end, send out a reminder to participants to submit their "Green Plate Challenge Tracker" and announce the winner(s)!