



WORKING FOR A
HEALTHIER TN



Grocery Store Scavenger Hunt

Focus Area: Healthy Eating

Objective: One key to choosing healthier groceries is to know where things are located in your store! Grocery stores have thousands of products, with most items grouped together so decision-making is easier. Many stores are organized like the food groups of [MyPlate](#): fruits, vegetables, grains, milk (calcium-rich foods), and meat and beans (protein-rich foods). This challenge will get participants more familiar with the grocery store and help them find healthier items.

Length of Challenge: Three weeks (but can be adjusted)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Grocery Store Item Tracker
- Prizes (optional)

Directions:

- Find each grocery item listed in the tracker by visiting a grocery store and/or local farmer's market. Show proof of each item you find by taking a photo of it.
- At the end of the challenge, submit your challenge tracker/photos to < **insert email** >.

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

Getting Started:

1. Decide the dates your "Grocery Store Scavenger Hunt" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will submit their Challenge Tracker/photos and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "Grocery Store Scavenger Hunt" 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 on how to participate in the "Grocery Store Scavenger Hunt".
 - Details about how to submit their Challenge Tracker/photos 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 "Grocery Store Scavenger Hunt Tracker" and distribute to all participants.
7. Each week of the challenge 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 Weekly Emails' from your wellness coordinator.)
8. As the challenge comes near an end, send out a reminder to participants to submit their "Grocery Store Scavenger Hunt Tracker" and announce the winner(s)!