



Small Steps to Healthier Eating

Focus Area: Healthy Eating

Objective: To take small steps to help overall eating habits align more with the Dietary Guidelines for Americans.

Length of Challenge: One week (length of challenge is flexible; contact your Regional Wellness Coordinator for assistance with editing the Tracking Sheet)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Small Steps to Healthier Eating Tracking Sheet
- Prizes (optional)

Directions:

- Use tracking sheet to record amount eaten from the listed food groups
- Strive to fill in the tracking sheet completely

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 "Small Steps to Healthier Eating 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 submit their Tracking Sheets 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 on how to participate in the "Small Steps to Healthier Eating Challenge".
 - Details about how to submit their Tracking Sheets 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 "Small Steps to Healthier Eating Challenge Tracking Sheet" and Infographics and distribute them 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 information related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)
8. As the challenge comes to an end, send out a reminder to participants to submit their "Small Steps to Healthier Eating Challenge Tracking Sheet" and announce the winner(s)!

Sample Emails:

Welcome Email [*Send the week prior to starting so that people have time to grocery shop.*]

Subject: Welcome to Small Steps to Healthier Eating

Body:

Hello,

Welcome to **Small Steps to Healthier Eating** with the < insert dept > Wellness Council!

We're excited that you're joining us and committing to taking small steps to improve your overall eating habits!

In this challenge, the goal is to strive to fill in as much as you can on the [Small Steps to Healthier Eating Tracking Sheet](#) (attached). This challenge is about getting you to take *small* steps towards healthier eating.

For example, Dietary Guidelines recommend you choose whole grain foods (instead of refined grains) for at least ½ of your grain choices each day. One of your goals each day, as indicated on the attached Tracking Sheet, is to make two whole grain choices. Checking off one or both boxes is a step toward overall healthier eating!

Check out this [guide to healthier grocery shopping](#) for help gathering goods for this challenge!

<OPTIONAL> There will be a random drawing at the end for a prize(s). <OPTIONAL>

Challenge Dates: <insert dates>

Please submit your [Small Steps to Healthier Eating Tracking Sheet](#) to < insert email > by _____.)

Let's go!

First Day of Challenge Email

Subject: The Small Steps to Healthier Eating Challenge Begins TODAY!

Body:

It's the first day of the **Small Steps to Healthier Eating** Challenge! This week strive to take small steps toward healthier eating habits.

The [2015-2020 Dietary Guidelines for Americans](#) emphasize taking small steps to achieve overall better health. Looking at the Dietary Guidelines may be overwhelming, so this challenge helps you get closer to following these evidence-based recommendations. Strive to **enjoy** a variety of foods by making your meals colorful! If you are looking for some inspiration, [click here](#) for healthy recipes from Working for a Healthier Tennessee!

Middle of Challenge Email

Subject: Halfway Through the Small Steps to Healthier Eating Challenge

Body:

You are halfway through the **Small Steps to Healthier Eating** challenge! Have you been creative with your meals this week? It is important to ensure you are enjoying your meals. Eating should be [enjoyable](#). Try [roasting vegetables](#) to bring out their sweetness or make a healthier version of a [favorite restaurant meal](#). Please share your recent recipes and/or pictures with <insert email> so they can help inspire others!

Wrap Up Email

Subject: The End of the Small Steps to Healthier Eating Challenge

Body:

We are at the end of the **Small Steps to Healthier Eating** challenge! Thank you for participating and hopefully you enjoyed taking these small steps.

Please submit your [Small Steps to Healthier Eating Tracking Sheet](#) to < insert email > by _____.) <OPTIONAL> There will be a random drawing at the end for a prize(s). <OPTIONAL>



Small Steps to Healthier Eating Challenge

Tracking Sheet

Name _____ Department _____

Fill in or check a box every time you enjoy a serving in a food group.
Try to fill in or check as many boxes as you can!

Small Steps Daily Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 cups of Vegetables	<input type="checkbox"/> _____ <input type="checkbox"/> _____						
1 cup of Fruit	<input type="checkbox"/> _____						
2 Whole Grain choices	<input type="checkbox"/> _____ <input type="checkbox"/> _____						
2 healthier Protein choices	<input type="checkbox"/> _____ <input type="checkbox"/> _____						

Recommendations	
Vegetables	2.5 cups per day
Fruit	2 cups per day
Grains	Make at least ½ whole grain
Protein	Choose healthier protein sources

"1 CUP" OF VEGETABLES IS



2 cups
Green Leafy
(spinach, kale, etc.)



1 cup
Fresh, Frozen, Canned



1/2 cup
Vegetable Juice

WHOLE GRAINS



-Whole Wheat/Whole Grain:
Bread, Pasta, Crackers,
Tortillas, Cereal



-Oatmeal
-Brown rice

-Quinoa



-Barley
-Bulgur
-Popcorn

"1 CUP" OF FRUIT IS...



One medium fruit
(About the size of your
fist)



1 cup of
Fresh, Frozen, Canned

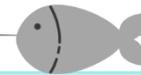


1/2 cup of
Dried



1 cup of
Fruit Juice

HEALTHIER PROTEINS



-Fish

-Beans

-Chicken



-Turkey

-Eggs



-Nuts/Seeds

-Tofu