



# Pack Your Lunch Challenge

## Focus Area: Healthy Eating

**Objective:** To practice healthier lunch habits by packing lunch for work

**Length of Challenge:** Two weeks (can be extended)

## Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Lunch Packer Tracker
- Prizes (optional)

## Directions:

- Aim to pack your lunch each workday and list what you had. (Your lunch may not always be 100% "healthy", but just do your best!)
- OPTIONAL: You can also track what food groups you packed with lunch.
- At the end of the challenge, please let us know you participated [HERE](#).

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



WFHT.TN@tn.gov



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## Getting Started:

1. Decide what dates your "Pack Your Lunch Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Have participants log participation in this [Google Form](#) and determine how winners will be rewarded.
  - *Remember: Challenge rewards do not have to be tangible. Announcing the challenge 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 fliers.)
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
  - How to participate in the "Pack Your Lunch Challenge"
  - Details for submitting the Lunch Packer Tracker and how winner(s) will be rewarded

*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach the Lunch Packer Tracker via email and distribute it to all participants.
7. Send participants a friendly email reminding them to engage in the challenge and to 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. (Request Sample Weekly Emails from your Wellness Coordinator.)
8. As the challenge comes to an end, send out a reminder to participants to log their participation in the [Google Form](#) and announce the winner(s)!