



5-A-Day Challenge

Focus Area: Healthy Eating

Objective: The 5-A-Day Challenge focuses on increasing fruits and vegetables as part of a healthy diet. The challenge starts by finding out the baseline number of servings of fruits and vegetables you currently eat each day. Then, a new goal for daily fruit and vegetable intake is set!

Length of Challenge: Four weeks (but can be shortened)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- 5-A-Day Challenge Tracker
- Prizes (optional)

Directions:

- Track your typical fruit and veggie intake for a one-week period.
- After figuring out your “baseline” fruit and veggie intake, set a new goal for yourself. (NOTE: It’s recommended that we aim to enjoy five servings of fruits and veggies each day. If this goal doesn’t feel realistic, please see our [S.M.A.R.T. Goal Setting Worksheet](#) to set a goal that is more attainable for you.)
- Each week of the challenge strive to meet your new goal.
 - Tally up your total weekly servings and divide by 7 to learn your average servings per day.
- At the end of the challenge, submit your challenge tracker to < **insert email** >.

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

Getting Started:

1. Decide the dates your "5-A-Day Challenge" 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 and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "5-A-Day Challenge" 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 play the "5-A-Day Challenge".
 - Details about how to submit their Challenge Tracker 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 "5-A-Day Challenge 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. (See 'Sample Weekly Emails' below.)
8. As the four-week challenge comes near an end, send out a reminder to participants to submit their "5-A-Day Challenge Tracker" and announce the winner(s)!

Sample Weekly Emails:

Welcome Email

Subject: Welcome to the 5-A-Day Challenge!

Body:

Hello,

Welcome to the **5-A-Day Challenge** with the < insert dept > Wellness Council!

We're excited that you're joining us for the next month to work on your 5-A-Day habit and uncover some new ways to enjoy fruits and vegetables.

In this challenge, the goal is up YOUR daily servings of fruits and veggies for a 4-week period. (It's recommended that we aim to enjoy five servings of fruits and veggies each day, but if this goal doesn't feel realistic for you, you can set a goal that is more attainable for you!)

Challenge Dates: <insert dates>

The employee(s) who increase their daily fruit and veggie intake by the end of this challenge will _____. (To win, please submit your [5-A-Day Challenge Tracker](#) to < insert email > by _____.)

Who's ready to kale it?!

Week #0 Email

Subject: We're kicking off the 5-A-Day Challenge!

Body:

This week of the **5-A-Day Challenge** with the < insert dept > Wellness Council is all about learning more about your *current* fruit and veggie habits. It's important to know where you started so you have a better idea of where you're going.

For the next seven days...

- Tally up your daily servings of fruits and vegetables.
- At the end of the week, add up your weekly servings of fruits and vegetables and divide by 7 to learn your baseline average servings per day.
- Now you're ready to set a new [S.M.A.R.T. Goal](#) related to more fruits and veggies each day/week. (This is your new goal for the rest of the month in the 5-A-Day Challenge.)

Week #1 Email

Subject: It's happening! (5-A-Day Challenge)

Body:

Alright, it's officially Week #1 of the **5-A-Day Challenge** with the < insert dept > Wellness Council!

Research shows that fruits and vegetables can reduce your risk for: heart disease, type 2 diabetes, some cancers, high blood pressure and can also help fight the obesity epidemic.

Although getting 5-a-day can be a challenge for some, it is *not* impossible! So, what does it take to increase your fruit and veggie habit?

Here are a few ways to reach more servings of fruits and vegetables a day:

- Encourage co-workers to join you in the 5-A-Day Challenge!
- Make sure fruits and veggies make it onto your weekly grocery list.
- Buy fresh, canned or frozen fruits and vegetables to keep on hand.
- Incorporate fruits and/or vegetables into your morning, afternoon or evening snacks.
- If you're not accustomed to eating much produce, start small with one to two meals and/or snacks and gradually increase.

Week #2 Email

Subject: Hello week 2! (5-A-Day Challenge)

Body:

Hello Week #2 of the **5-A-Day Challenge** with the < insert dept > Wellness Council!

We get that plain ol' fruits and veggies by themselves may not be all that exciting. So, here are some tips on incorporating more produce at meal and snack time:

- **Fill up with fruit.** Toss berries into low-fat yogurt or cottage cheese or add a banana to oatmeal or whole-grain cereal.
- **Add 'em to eggs.** Add chopped up vegetables to your eggs. Try onions, celery, green or red bell peppers, or spinach.
- **Oven roast veggies.** Baking vegetables with a light drizzle of olive oil in a 400° F oven brings a sweeter flavor to vegetables. Feel free to add your favorite spices as well, like pepper, garlic, Italian seasoning, etc.
- **Supersize your sandwich.** Put vegetables on your lunch sandwich, such as cucumber slices, sprouts, tomatoes, lettuce or avocado.

- **Snack on sticks.** Keep raw veggie sticks handy, such as green or red bell peppers, green beans, celery or carrots, and dip them in low-fat ranch or hummus.
- **Blend up both!** Blend fruits and veggies into a smoothie for breakfast or a healthy snack later in the day. Bananas and mangoes will make your smoothie creamy. Spinach is nearly tasteless with whatever you mix it with.
- **Top things off.** Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini on cheese or pepperoni pizza.

Have you discovered a delicious new way to eat more fruits and veggies? Share with us on [Facebook \(@WFHTN\)](#), [Twitter \(@WFHTN\)](#), or [Instagram \(@workingforahealthiern\)](#)!

Week #3 Email

Subject: You're halfway through! (5-A-Day Challenge)

Body:

You are halfway through the **5-A-Day Challenge** with the < insert dept > Wellness Council!

Did you know that about 40% of food in the U.S. is wasted? Reducing food waste—especially fruits and veggies—can not only help save us guilt and money, but also improve our nutrition! Here are tips to make the most of the produce you purchase:

- Plan your meals and snacks for the week. This will allow you to make a grocery shopping list that includes only ingredients that will be needed. Grab a free meal planner to get started [here](#).
- Learn to store produce properly. Learn the best way to prep and store produce by checking out [this resource](#).
- Start a leftover night. Set aside one night a week to raid the refrigerator and eat whatever fruits and vegetables are on hand. Make a pot of soup, a big salad, a smoothie or even a stir-fry.
- Use scraps for stocks! Rather than letting leftover chicken or meat bones go to waste, simmer them with vegetable scraps, herbs and water to make a homemade stock that will put store-bought broth to shame.
- [Flavor your water with fruit](#). One of the easiest ways to increase your water intake is to make it taste good. Use peels from citrus fruits, apples and cucumbers to add a kick to your glass of water or seltzer. Also, wilted herbs and berry tops make excellent additions to your water bottle.
- Get friendly with your freezer. Freezing food is one of the easiest ways to preserve it, and the types of food that take well to freezing are endless.

Don't forget to please submit your [5-A-Day Challenge Tracker](#) to < **insert email** > by _____. The employee(s) who increase their daily fruit and veggie intake by end of this challenge will _____.

Week #4 Email

Subject: This is it! (5-A-Day Challenge)

Body:

It's the final week of the **5-A-Day Challenge** with the < **insert dept** > Wellness Council!

In this last leg of the challenge, take a moment to think back to when you started the 5-A-Day Challenge.

- Why did I want to participate in this challenge?
- What have I learned about myself through this challenge?
- What fruits and/or veggies am I enjoying?
- What am I most proud of accomplishing since starting this challenge?
- How am I feeling?

Be sure to celebrate your successes so far, no matter how small!

And don't forget to please submit your [5-A-Day Challenge Tracker](#) to < **insert email** > by _____. The employee(s) who increase their daily fruit and veggie intake by end of this challenge will _____.

Wrap-Up Email

Subject: Thank you for participating in the 5-A-Day Challenge!

Body:

YOU DID IT! You made it to the end of the 5-A-Day Challenge with the < **insert dept** > Wellness Council!

We hope you found this challenge helpful to increasing your daily fruit and veggie habit for better health.

We'd love to hear what you thought about this challenge by providing your feedback in this short survey here: < **insert survey link** >

Have a photos, video or a success story to share? We'd love to receive them! Simply submit to WFHT.TN@tn.gov



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5-A-Day Challenge Tracker

Name _____

Department _____

Fruits: 1 serving = 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit.

Vegetables: 1 serving = 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total Weekly Servings | Average Servings per Day* |
|--------------------|----------|----------|------------|-----------|------------|----------|----------|-----------------------|---------------------------|
| My Baseline | | | | | | | | | |
| My Goal | | | | | | | | | |
| <i>Example</i> | <i>2</i> | <i>4</i> | <i>3.5</i> | <i>3</i> | <i>2.5</i> | <i>2</i> | <i>1</i> | <i>18</i> | <i>2.5</i> |
| Week 1 | | | | | | | | | |
| Week 2 | | | | | | | | | |
| Week 3 | | | | | | | | | |
| Week 4 | | | | | | | | | |

*Average Servings per Day = Total Weekly Servings ÷ 7