



Exotic Fruit Challenge

Focus Area: Healthy Eating

Objective: To increase overall fruit consumption in a variety of ways, with an emphasis on trying exotic fruits.

Length of Challenge: Two weeks (can be extended)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Exotic Fruit Tracking Sheet
- Prizes (optional)

Directions:

- Complete as many squares on the [Exotic Fruit Challenge Tracking Sheet](#) for a two-week period.
 - Squares that include exotic fruits are worth more points!
- Strive to complete as many squares as you can.
- At the end of the challenge, calculate your total points earned.

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 what dates your "Exotic Fruit Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants should submit their Tracking Sheets and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "Exotic Fruit 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 "Exotic Fruit 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 "[Exotic Fruit Challenge Tracking Sheet](#)" and distribute to all participants.
7. Each week, 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 two-week challenge comes close to an end, send out a reminder to participants to submit their "Exotic Fruit Challenge Tracking Sheet" and announce the winner(s)!

Sample Weekly Emails:

Welcome Email

Subject: Welcome to the Exotic Fruit Challenge!

Attachment: Exotic Fruit Challenge Tracking Sheet

Body:

Hello,

Welcome to the **Exotic Fruit Challenge** with the < insert dept > Wellness Council!

We're excited that you're joining us for the next two weeks to work on your 2-a-day fruit habit and uncover some new ways to enjoy fruits.

In this challenge, the goal is to complete as many squares on the [Exotic Fruit Challenge Tracking Sheet](#) (attached) for a 2-week period. (Psst, squares that include an exotic fruit are worth more points!)

Challenge Dates:

The employee(s) who earn the highest points at the end of this challenge will _____. (To win, please submit your [Exotic Fruit Challenge Tracking Sheet](#) to < insert email > by _____.)

Who's ready to get their fill of fruit!?

Week 1 Email

Subject: Hello Week #1! (Exotic Fruit Challenge)

Body:

It's Week #1 of the **Exotic Fruit Challenge** with the < insert dept > Wellness Council!

Did you know that the [2015-2020 Dietary Guidelines for Americans](#) recommends the following when it comes to fruits and veggies each day?

- 2 cups of fruit
- 2 ½ cups of vegetables

Why? 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 this can be a challenge for some, it is *not* impossible! So what does it take to create a 2-a-day habit?

Here are a few ways to reach 4.5 servings of fruits and vegetables a day:

- Encourage co-workers to join you in the Exotic Fruit 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 1-2 meals and/or snacks and gradually increase.

Week 2 Email

Subject: You're halfway through the Exotic Fruit Challenge!

Body:

It's Week #2 (the final week) of the **Exotic Fruit 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 some tips to making 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 Exotic Fruit Challenge Tracking Sheet to < **insert email** > by _____. The employee(s) who earns the highest points at the end of this challenge will _____.

Wrap-Up Email

Subject: Thank you for participating in the Exotic Fruit Challenge!

Body:

YOU DID IT! You completed the Exotic Fruit Challenge with the < **insert dept** > Wellness Council.

We hope you had some *fun* with fruits and vegetables during these last two weeks.

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

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

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