



Flavor of the Week Challenge

Focus Area: Healthy Eating

Objective: To try new-to-you foods and recipes to expand your palate and increase your opportunity to receive all the nutrients necessary for optimal health.

Length of Challenge: Four weeks

Materials Needed:

- Sign-Up Sheet/Form (highly recommended)
- Flavor of the Week Challenge Worksheet
- Prizes (optional)

Directions:

1. Use the Challenge Worksheet to help you try new-to-you foods and recipes of your choice each week. (NOTE: This Worksheet will not be shared.)

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 "Flavor of the Week Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign-up for the challenge.
3. Determine how participants submit their trackers and how/if winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "Flavor of the Week 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 the challenge will begin and end.
 - Instructions on how to play the "Flavor of the Week Challenge".
 - Details about how to submit their trackers 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 "Flavor of the Week Challenge" and distribute to all participants.
7. Each week of the challenge 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 WFHTN Regional Wellness Coordinator.)
8. As the four-week challenge comes close to an end, send out a reminder to participants to submit their "Flavor of the Week Challenge" and announce the winner(s)!