



Serving Savvy Challenge

Focus Area: Healthy Eating

Objective: To better understand serving sizes that support your individual health goals.

Length of Challenge: Four weeks

Materials Needed:

- Sign-Up Sheet/Form (highly recommended)
- Serving Savvy Challenge Worksheet
- Prizes (optional)

Directions:

1. Use the challenge worksheet to help you better understand serving sizes that support your individual health goals. (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 "Serving Savvy 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 will submit their trackers and how/if winners will be rewarded.

Remember: Challenge rewards do not have to be tangible. Announcing the "Serving Savvy 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 "Serving Savvy 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 the "Serving Savvy Challenge" via email and distribute to all participants.
7. Each week send participants a friendly email reminding them to engage and to have fun. 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 to an end, send out a reminder to participants to submit their "Serving Savvy Challenge" and announce the winner(s)!