

Program overview:

Please join your co-workers in committing to “Eat Well, Work Well.” A large part of creating a culture of health and well-being in the workplace, is encouraging healthy food and beverage choices. Taking this challenge can be as simple as committing to choosing water over sweetened drinks, or choosing to pack a lunch instead of eating out (or ordering in).

Each month, for eight months, there will be a specific “healthier eating” challenge. Challenges will focus on a variety of food and beverage topics.

While an individual can complete the monthly challenges on his/her own, we do encourage co-workers to participate together. Having partners for accountability is more fun, and will lead to higher success.

Any site/school with a minimum of 15 participants who successfully completed the monthly challenge, is eligible for one \$25 egift card per month. This incentive should be awarded randomly to one of the participants who successfully completed the challenge.

How to implement:

Any site/school can offer this program. A coordinator is needed, but requires minimal time. The coordinator should:

- ✓ Promote the program to staff at your site.
- ✓ Send the group of interested employees this overview. Review the specifics such as the date you will be collecting the monthly challenges.
- ✓ On the first day of the month, send participating staff the monthly challenge, and supporting documents.
- ✓ On the last day on the month, notify empwellness@bcps.org with your site/school name, how many participants completed that months challenge, and (if you have at least 15 successfully completing) the name of the random incentive winner.