Healthy Emory
Wellness Update

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Wellness Specialist
Faculty Staff Assistance Program
2013 Fruit & Veggie Challenge

• 4 week challenge
• June 24th through July 21st

Summer Fruit and Veggie Challenge

- **Anytime**
  - Eat fruit for dessert after a meal.
  - Eat vegetable soup for lunch or dinner.
  - Drink 4 oz. of 100% vegetable juice.
  - Try one NEW fruit or veggie this week.
  - Visit a farmer’s market or farmstand and buy at least one fruit and one veggie.
  - **2 POINTS each**

- **At Home**
  - Add fruits or veggies to a favorite recipe (Ex: add veggies to pasta or fruit to ice cream).
  - Add veggies to your sandwich at lunch.
  - Put cut up fruit in your refrigerator for quick snacks.
  - Make a low-fat dip (Ex: hummus or black bean dip) and eat with raw veggies.
  - Make a smoothie with frozen or fresh fruit for breakfast.
  - **3 POINTS each**

- **At Work**
  - Bring your lunch and include two servings of fruits or veggies.
  - Add dried or fresh fruit to a salad.
  - Bring a bag of chopped veggies for a snack (Ex: carrots, celery, or cherry tomatoes).
  - Keep a snack-size container of dried or canned fruit in your desk or pocket for snacking.
  - Choose a veggie as a side in the cafeteria.
  - **4 POINTS each**

- **Eating Out**
  - Order a dish that has a fruit topping (Ex: meat with mango salsa).
  - Enjoy a side salad with your meal.
  - Order your pizza with extra veggies.
  - Substitute fruit for fries.
  - Order a colorful salad for an entree instead of a sandwich.
  - **5 POINTS each**

Name:
Email:

**How To Play:**
- This 4-week challenge runs from June 24th through July 21st.
- For each goal you complete in the 4 categories, you earn the assigned number of points:
  - One “Anytime” goal = 2 Points
  - One “At Work” goal = 3 Points
  - One “At Home” goal = 4 Points
  - One “Eating Out” goal = 5 Points
- Put a “✓” in the table below for each goal you complete. Track the total number of points you earn each week in the last column.
- After the four weeks are completed, total your points for the challenge in the green box at the bottom of the page.
- Each person who earns 25 points or more by the end of the challenge will be entered into a drawing to win a prize from a specific tier:
  - Tier 1 = 25 - 50 points ($10 value)
  - Tier 2 = 51 - 100 points ($20 value)
  - Tier 3 = 101+ points ($50 value)
- Fax completed board to 404-727-7500 (Attn: Dawn McMillian) or email to efsap@emory.edu, no later than July 22nd.

<table>
<thead>
<tr>
<th>Week</th>
<th>Anytime (2pts)</th>
<th>At Home (3pts)</th>
<th>At Work (4pts)</th>
<th>Eating Out (5pts)</th>
<th>Weekly Total</th>
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</thead>
<tbody>
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<td>4</td>
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</tr>
</tbody>
</table>

Faculty Staff Assistance Program
www.efsap.emory.edu
404-727-WELL
2013 Fruit & Veggie Challenge

• For each “Goal” completed, you earn the assigned number of points (by category):
  Anytime = 2 Points
  At Home = 3 Points
  At Work = 4 Points
  Eating Out = 5 Points

• Put a ✓ on your game board for each goal you complete. Tally your points weekly.

• After 4wks, add up all your points.
2013 Fruit & Veggie Challenge

• Earn at least 25 points to be entered into the tiered prize drawings:
  Tier 1 = 25 - 50 points earned ($10 value)
  Tier 2 = 51 – 100 points earned ($20 value)
  Tier 3 = 100+ points earned ($50 value)

• To be eligible for prizes, completed boards must be faxed to 727-7500 (Attn: Dawn McMillian) or email to efsap@emory.edu no later than July 22nd.
Workplace Ergonomics

Wednesday June 19th
11:30am-12:15pm
EUH
Classroom A

Thursday June 27th
12:30-1:15pm
1599 Clifton
Classroom 1D

Join us & feel free to bring your lunch!
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