

Get Your Lunch in Shape

One third of meals are eaten at work. Make that meal count by eating a nutritious lunch! Hold a health lunch challenge in order to encourage employees to improve their lunches, making them more nutritious and balanced.

Provide the Resources— Ensure that healthy meals are provided by the cafeteria. If there is no cafeteria, provide meal options from nearby businesses. Provide recipes for nutritious meals that can be made at home and brought to work.

Organize the competition— Organize who will judge the lunches and what the meals will be judged on. For example, they can be judged on how well all the food groups are represented. Determine how long the competition will go and how points will be awarded.

Spread the Word — Make sure people know about the challenge. Advertise using e-mail and posters. Encourage participation by all employees.

Create Incentives— Provide prizes for the winner of the healthy lunch challenge. Hold a healthy food luncheon for all participants at the conclusion of the challenge.

Resources –

[Monthly Health Challenge: Eat a Healthy Lunch!](#)

[Wellness Challenge: Get Your Plate in Shape!](#)

[USDA Dietary Guidelines](#)

MWC Success Stories:

Be the first Healthy Lunch Challenge success story!

