



Mayors Wellness Campaign
Put your community in motion.

Physical Health & Nutrition



GET YOUR LUNCH IN SHAPE

PROMOTE POWER LUNCH

- One third of meals are eaten at work. Make that meal count by eating a nutritious lunch.
- Hold a healthy lunch challenge in your workplace, encouraging employees to make their lunches more nutritious and balanced.
- A healthy diet helps prevent chronic diseases including diabetes, stroke, and cancer.

ACTION STEPS

Provide the Resources

- Ensure healthy meals are provided by the cafeteria, or find healthy meal options from nearby businesses.
- Offer nutritious recipes that can be made at home and brought to work: Put posters with easy-to-make lunch ideas in the break room.
- Ensure there is enough refrigerator space for homemade lunches.
- Remind employees that bringing lunch to work saves money.

Organize a Competition

- Recruit one or two employees to judge lunches based on nutritional value, ease of preparation, and low cost.
- Determine how the competition will be judged. Will lunches be judged on creativity, nutritional value, or taste?

Spread the Word

- Make sure people know about the challenge.
- Advertise using e-mail and posters.
- Encourage participation from all employees.

Create Incentives

- Provide prizes for the winner of the healthy lunch challenge (e.g., lunch boxes, reusable containers, icepacks, or coupons to a local farmer's market).
- Hold a healthy food luncheon at the conclusion of the challenge.

BE THE FIRST!

Tell the Mayors Wellness Campaign what you did so we can spotlight your work here!

- Share the recipes and shopping lists of the competition winners throughout the office.

MORE RESOURCES

Monthly Health Challenge: Eat a Healthy Lunch!
Wellness Challenge: Get Your Plate in Shape!
Learn More About USDA Dietary Guidelines