



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?
- Hold the competition on **National Healthy Lunch Day**.

### 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**