



## TAKE THE PLEDGE

Work with your team to make healthy eating a part of your work and life.

# HEALTHY EATING

→ AT KP ←

Commit to good health by choosing nutritious foods, eating healthy portion sizes and supporting your teammates. Start with a few healthy eating ideas for your team:

- 1. B.Y.O.S. (Build Your Own Salad)** — Host a weekly B.Y.O.S. party. Invite people to each bring in a salad bar ingredient. When the group comes together, everyone gets to enjoy the company of co-workers and a bountiful salad bar!
- 2. Fresh Fruit Mondays** — Start off the week with healthy snacks. Assign each team member a Monday to bring in fresh fruit for sharing.
- 3. Birthday Smoothie Party** — Bring in a blender and ask people to contribute smoothie ingredients. Keep portion sizes small and include fresh or frozen fruit instead of juice.
- 4. Farmers Market Field Trip** — Take a field trip to your KP farmers market. Buy a fruit or vegetable that you have never had before and try a new recipe.
- 5. Healthy Recipe Exchange** — Hold a weekly healthy potluck featuring creative ways to prepare vegetables and fruits. Bring in or email copies of healthy recipes to share.
- 6. Healthy Lunch Photo Contest** — Make healthy eating a team competition. Have all your teammates snap a photo of their lunch every day. The person with the healthiest photos wins!