



## Pack a Lunch Challenge

For 4 consecutive weeks starting in January, pack and bring your lunch to work with you. Doing this will help you save money and eat better.

### Tips for success:

1. Plan the prep in advance:
  - Prep and package your meals over the weekend (freeze meals and grab in the morning)
  - Make your lunch every evening
  - Be prepared to wake up a bit earlier to prepare it in the morning
  - [How to meal plan: from start to finish](#)
2. Cook extra for dinner and pack leftovers
3. Additional resources:
  - [Quick and Easy Lunch Ideas](#)
  - [Healthy eating at work](#)

### How to participate?

Take a picture of your favourite lunch and send the image to [healthandwellbeing.hr@mcgill.ca](mailto:healthandwellbeing.hr@mcgill.ca) along with a short blurb of how the challenge went for you for your chance to win a sustainable lunch kit from Boho and Hobo. Deadline to submit: **February 17th, 2020**