



NUTRITION MONTH CHALLENGE

It's Nutrition Month, and the theme is that **Healthy eating is about so much more than food**. Healthy eating is also about being mindful of eating habits, cooking more often and eating meals with others. The Health and Well-Being team is encouraging you to gather your colleagues and eat together during the month of March! There are many benefits to doing this, such as increased engagement, cooperation, sharing food traditions and getting to know your colleagues. This is a great opportunity to team build, support each other's healthy habits and share healthy recipes and favorite foods. Get creative and have fun!

Some suggestions:

1. Plan ahead: create and share the invite in your calendars now
2. If you notice you often eat at your desk, start by choosing one day during the week where you eat with a co-worker(s).
3. Organize a potluck lunch this month.
4. Take turns bringing in lunches for a small group and bring your favorite food.
5. Think of different themes such as highlighting certain cuisines or offering vegetarian options.

Share your experiences with this challenge, and send us photos!
The most active team(s) will be featured in an upcoming MHW issue.