



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!