

Enjoy Eating Challenge



- Complete 10 activities within two weeks. DATE COMPLETED: _____
- Up to two activities can be completed each day. Each activity may be completed a maximum of 2 times

Plan Ahead

-   Before the week starts, plan your lunches for the week
-   Pack a snack to take to work tomorrow.
-   Go to the grocery store *after* a meal.
-   Pack your lunch for tomorrow.
-   Cook extra and freeze it for lunch later this week.
-   Ask for a “to go” box when your meal arrives. Then you won’t leave “stuffed”.

Pay Attention

-   Turn off the TV while you eat.
-   Put your fork down after each bite.
-   Make sure it takes you 25 minutes to eat – check yourself at 12 minutes. If you are more than half finished after 12 minutes, slow down.
-   Try the four bite method for dessert. Put four bites on your plate and savor each one.

Pick Wisely

-   Eat breakfast everyday one week.
-   Eat at least four different colors at a meal.
-   Drink a glass of water before a meal.
-   Order a child’s portion and eat it slowly

Complete by October 8, 2008 and turn into your Agency Coordinator

Name: _____

Employee CoVA ID Number _____

Agency and location _____

