



Color Your Palate

a Fruits & Veggies - More Matters challenge for the workplace

Create a masterpiece in your diet this November!

Getting started 2008!

The "Color Your Palate" 5 week challenge is designed to encourage teams of ten coworkers to eat MORE fruits and vegetables during the workday—as part of breakfast, lunch, mid-day snacks, meals at meetings and more.

The team that eats the most fruits and veggies...and the most variety in colors and types of foods...WINS!!

What you need to know:

Dates: November 17-December 19, 2008

Registration begins November 10-14, 2008

www.clevelandhealth.org/steps/coloryourpalate

Begin to recruit your team of ten members now!



Goals:

- To encourage you and your co-workers to eat more fruits and veggies during the workday
- To eat more colorful fruits and veggies
- To learn about the health benefits of eating a variety of fruits and veggies

What to expect throughout the challenge:

- Optional tutorial session for coaches on November 17, 12:00-1:00 pm @ City Hall
- A color theme for each week and surprise mini challenges
- E-mails, recipes, tips and suggestions each week

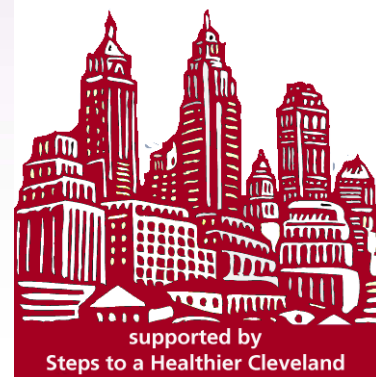
Tracking and reporting success:

- Like Step Up to the Plate, all tracking will be done online
- Fruits and vegetables consumed during the workday will be reported by time, quantity, color and fruit/vegetable name

Prizes:

- Grand prize—the team that eats the most (based on total members) will receive a healthy catered lunch
- Individual prizes to recognize individuals that eat the most fruits and veggies
- All participants that complete the program will receive a tote bag and other prizes

HEALTHY CLEVELAND BUSINESS COUNCIL



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