



Trying New Things

Fruit and Veggie Challenge



Arthur J. Gallagher & Co.



Trying New Things

Challenge Goal (Employer)

- More than 90% of adults and children don't eat the amount of fruits and veggies recommended by the latest Dietary Guidelines for Americans.
- Furthermore, many people are in the habit of always eating the same ole' vegetables and the same ole' fruits, without branching out to some of the many other nutritious options that offer different, and also necessary nutrients to our bodies.
- September is Fruits and Vegetables month! This challenge is designed to encourage employees to try new fruits and vegetables each week by selecting one of each from the list that includes 10 options of each.



Trying New Things

Instructions (Employer)

- Identify the dates of the Fruits and Veggies challenge
- Distribute instructions, list of fruits and vegetables, and BOTH tracking sheets to employees
- Employees will use the first tracking sheet to keep track of which new fruit or vegetable they chose from the list that week (can't use the same one twice)
- Employees will use the second sheet to share one or two healthy recipes they used when trying their new fruit or vegetable (smoothie, meal, a tasty way to bake/cook a certain vegetable, etc)
- Having employees share a recipe is beneficial for two reasons;
 - It can help verify the employee truly completed the challenge
 - In the end, could be used as a great way to wrap up the challenge by combining and sharing everyone's recipes in one document. This way, everyone finishes with lots of new healthy recipe ideas!



Trying New Things

Getting Started

Things to think about. . .

- Create sign ups/registration sheets.
- Identify if there will be a specific kick off for this event and if so, what will it include.
- What is a good incentive that will motivate employees to participate?
- Who is eligible to participate? (employees, family members)



Trying New Things

Challenge Goal (Employee)

- More than 90% of adults and children don't eat the amount of fruits and veggies recommended by the latest Dietary Guidelines for Americans.
- Furthermore, many of us are in the habit of always eating the same ole' fruits, and the same ole' vegetables, without branching out to some of the many *other* nutritious options that offer *different* and also necessary nutrients to our bodies.
- September is Fruits and Vegetables month! This challenge is designed to encourage you to try new fruits and vegetables each week!



Trying New Things

Instructions (Employee)

- Sign up to participate and encourage your coworkers to join the fun!
- Print and put your name on your tracking form.
- Every week, use the list to select a new fruit and vegetable to try. Then, fill which new fruit and vegetable you tried that week on your tracking form.
- Include one (required) or two (optional) recipes you used to incorporate your new fruit or vegetable into your diet! It could be anything from a smoothie, to a dinner, to a tasty way to prepare a vegetable!
- Submit your completed tracking form to _____ by the challenge end date _____.



Trying New Things

Fruit & Veggie Tracking Form

| Name: | Week 1 | Week 2 | Week 3 | Week 4 |
|-----------------|--------|--------|--------|--------|
| Fruit Tried | | | | |
| Vegetable Tried | | | | |



Healthy Recipes

| Name _____ | Fruit Tried | Vegetable Tried | Fruit Tried | Vegetable Tried | Fruit Tried | Vegetable Tried | Fruit Tried | Vegetable Tried |
|---------------|-------------|--------------------|-------------|--------------------|-------------|--------------------|-------------|--------------------|
| Week 1 | | | | | | | | |
| Week 2 | | | | | | | | |
| Week 3 | | | | | | | | |
| Week 4 | | | | | | | | |



Trying New Things

Healthy Recipes

Healthy Food 

Tips for a healthy diet

Recipe from the kitchen of _____

Recipe 1 (required)



Healthy Food 

Tips for a healthy diet

Recipe from the kitchen of _____

Recipe 2 (optional)

