

Holiday WELLNESS CAMPAIGN CHALLENGE

Please complete this form entirely to help us describe your company/wellness program. Please return to utahworksitewellnesscouncil@gmail.com with supporting materials by **December 18th**.

COMPANY INFORMATION

Employee Name	_____	Employee Position	_____
Employee Email	_____	Company Name	_____
Company Size	_____	Company Industry	_____
Multiple Locations?	_____		
How long have you had a wellness program?	_____		
How many employees run your wellness program?	_____		

CHALLENGE DETAILS

Describe the challenge in a brief paragraph:

How many employees participated? _____

How did you promote the wellness challenge? _____

How much time did you put into running the challenge? _____

How much did it cost to run the challenge? _____

What incentive did you offer if any? _____

What would you change if you ran the same challenge again? _____

Describe your communication timeline for the challenge:

PARTICIPANT FEEDBACK

What did your employees enjoy about this challenge?

What would they like to see different?

Eat the Rainbow



Do you eat the USDA recommendation of 8-10 servings of fruits and vegetables per day? Is half your plate fruits and vegetables at every meal?



The average American rarely consumes the recommendation of 8-10 servings of fruits and vegetables on a regular basis. Fruits and vegetables are a necessity to living a healthy lifestyle. There are many benefits to eating a colorful diet such as:

- ◇ More fiber
- ◇ Minimal calories
- ◇ Increased Vitamins and Minerals
- ◇ Quick and easy snacks
- ◇ Easy to transport
- ◇ Increased energy and satiety
- ◇ Reduce the risk of disease, such as obesity, heart disease, cancer and hypertension

Eat nature's rainbow, and enjoy the delicious flavors of the colorful fruits and vegetables found in clean, healthy food.

Sign up Today!

For more information contact [\[HR Contact\]](#)

About Eat the Rainbow

- ◇ **Program Duration:** 4 weeks
- ◇ **Materials:** Eat the Rainbow Rules, Registration Form, and Daily Tracker
- ◇ **Goals:** Learn ways to add more, variety, and color to your diet, as well as quantity, by eating more fruits and vegetables

- ◇ **XXX** for the **greatest total** fruit and vegetable consumption
- ◇ **XX** for the **most colorful** fruit and vegetable consumption
- ◇ **XX** for the **greatest variety** of fruit and vegetable consumption



Eat the Rainbow Registration Form

We aren't talking skittles here. Fruits and Vegetables are nature's skittles and provide many added health benefits.

Do you know what the recommended fruits and vegetable servings is per day? **8-10 servings!** Many American's don't even eat half of that on a regular basis.

Join us for a 4 week challenge to Eat the Rainbow. You will be encouraged to eat more, different, and colorful fruits and vegetables in your diet.

There are many reasons to participate:

- ⇒ Add fiber to your diet
- ⇒ Eat low calorie snacks
- ⇒ Have a colorful plate
- ⇒ Feel energized while receiving your vitamins and minerals

Sign up today!

Registration deadline is [date]

Member Information	
Name:	Employer Name: ABC Company
Phone	Email:
Date:	Signature:

Submitting Your Participation Form	
Submit Form To:	Name Contact Information Contact Information Contact Information

Eat the Rainbow Rules



Objective:

Eat the rainbow of fruits and vegetables, adding more color, variety and quantity to your diet

- On a daily basis, log your fruit and vegetable consumption
- You will be required to send your tracker on a weekly basis to healthymerits@meritain.com
- In the Food column, write down the name of the food (i.e. peaches, broccoli, etc.).
- In the Color columns, write the number of servings consumed.
- If your food does not fit into one of the color columns, write the number of servings in the “Other” column. Then write the color in the “Color” column.
- See the table at the bottom to calculate how many fruit or vegetable servings were consumed.
- If you are unsure of the color of your food, follow this principle. Did you eat the skin? If yes, then mark it as the skin color (i.e. apple=red/green). If no, then mark the color of the flesh (i.e. kiwi=green, not brown).

How much did I eat?

1 Fruit is equal to	1 Vegetable is equal to
	1/2 cup of cooked
1/2 cup of canned fruit	Vegetables
1/2 cup of fresh/frozen fruit	1/2 cup of vegetable juice
1/2 cup of unsweetened fruit juice (4 oz)	1 cup of raw vegetables
1 small fresh fruit (4 oz)	
2 tablespoons of dried fruit	

Prizes:

- ♦ **XXX** for the **greatest total** fruit and vegetable consumption
- ♦ **XX** for the **most colorful** fruit and vegetable consumption
- ♦ **XX** for the **greatest variety** of fruit and vegetable consumption (how many different foods did you consume?)





How to Increase Fruits and Vegetables:

- Keep washed and cut fruits and vegetables in the refrigerator — ready to eat.
- Have vegetables with low-fat dip for a snack.
- Try commercial prepackaged salads and stir-fry mixes to save prep time.
- Add vegetables to casseroles, stews and soups.
- Have fruit for dessert.
- Keep a bowl of apples, bananas or oranges on the table.
- Choose a side salad made with a variety of leafy greens instead of French fries
- Bake with raisin, date or prune puree to reduce fat and increase fiber.
- Add lettuce, onions, peppers and/or tomatoes to sandwiches.
- Order veggie toppings on your pizza.
- Enjoy fruit smoothies for breakfast or snacks.
- Pack fresh or dried fruits for quick snacks.

Food Safety & Preserving Nutrients:

- Limit peeling to preserve fiber content.
- Steam, broil, microwave or cook in small amount of water.
- Avoid boiling. Prolonged exposure to water and heat can break down chemicals unstable to high temperatures.
- Serve foods promptly.
- Examine fresh fruits and vegetables for signs of freshness before purchase.
- Wash hands with warm water and soap for 20 seconds before preparing fruits and vegetables.
- Rinse all fresh produce with running water, using a brush if necessary. Do not use soap.
- Remove outer leaves of lettuce and cabbage.
- Use separate cutting boards for cutting up produce and meat.

Source: www.ag.ndsu.edu

Red fruits and vegetables

are colored by natural plant pigments called “lycopene” or “anthocyanins.”

Lycopene in tomatoes, watermelon and pink grapefruit, for example, may help reduce risk of several types of cancer, especially prostate cancer.

Lycopene in foods containing cooked tomatoes, such as spaghetti sauce, and a small amount of fat are absorbed better than lycopene from raw tomatoes.

Anthocyanins in strawberries, raspberries, red grapes and other fruits and vegetables act as powerful antioxidants that protect cells from damage. Antioxidants are linked with keeping our hearts healthy, too.

These are some examples of the red group:

- Red apples
- Red peppers
- Beets
- Pomegranates
- Red cabbage
- Red potatoes
- Cherries
- Radishes
- Cranberries
- Raspberries



Blue/Purple fruits and vegetables

are colored by natural plant pigments called “anthocyanins.” Anthocyanins in blueberries, grapes and raisins act as powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease. Other studies have shown that eating more blueberries is linked with improved memory function and healthy aging.

These are some examples of the blue/purple group:

- Blackberries
- Purple grapes
- Blueberries
- Raisins
- Eggplant
- Figs
- Juneberries
- Plums
- Prunes

Orange/yellow fruits and vegetables are usually colored by natural plant pigments called “carotenoids.” Beta-carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Scientists have also reported that carotenoid-rich foods can help reduce risk of cancer, heart disease and can improve immune system function.

One study found that people who ate a diet high in carotenoid-rich vegetables were 43 percent less likely to develop age-related macular degeneration, an eye disorder common among the elderly, which can lead to blindness. Carotenoids also may be good for your heart. One study found that men with high cholesterol who ate plenty of vegetables high in carotenoids had a 36 percent lower chance of heart attack and death than their counterparts who shunned vegetables.

Citrus fruits like oranges are not a good source of Vitamin A. They are an excellent source of Vitamin C and folate, a B vitamin that helps reduce risk of birth defects.

Some examples of the orange/yellow group include:

- Yellow apples
- Apricots
- Butternut squash
- Cantaloupe
- Carrots
- Grapefruit
- Lemons
- Oranges
- Sweet potatoes
- Tangerines
- Peaches
- Pears
- Yellow peppers
- Persimmons
- Pineapple
- Pumpkin
- Rutabaga
- Sweet corn



Green fruits and vegetables are colored by natural plant pigment called “chlorophyll.” Some members of the green group, including spinach and other dark leafy greens, green peppers, peas, cucumber and celery, contain lutein. Lutein works with another chemical, zeaxanthin, found in corn, red peppers, oranges, grapes and egg yolks to help keep eyes healthy. Together, these chemicals may help reduce risk of cataracts and age-related macular degeneration, which can lead to blindness if untreated.

The “indoles” in broccoli, cauliflower, cabbage and other cruciferous vegetables may help protect against some types of cancer. Leafy greens such as spinach and broccoli are excellent sources of folate, a B vitamin that helps reduce risk of birth defects.

Some examples of the green group include:

- Green apples
- Artichokes
- Asparagus
- Avocados
- Green beans
- Broccoli
- Brussels sprouts
- Green cabbage
- Cucumbers
- Green grapes
- Honeydew melon
- Kiwi
- Lettuce
- Limes
- Green onions
- Peas
- Green pepper
- Spinach
- Zucchini



Eat the Rainbow Week 1 Tracker



- On a daily basis, log your fruit and vegetable consumption
- In the Food column, write down the name of the food (i.e. peaches, broccoli, etc.).
- In the Color columns, write the number of servings consumed.
- If your food does not fit into one of the color columns, write the number of servings in the “Other” column. Then write the color in the “Color” column.
- See the table at the bottom to calculate how many fruit or vegetable servings were consumed.
- If you are unsure of the color of your food, follow this principle. Did you eat the skin? If yes, then mark it as the skin color (i.e. apple=red/green). If no, then mark the color of the flesh (i.e. kiwi=green, not brown).

1 Fruit is equal to...	1 Vegetable is equal to...
1/2 cup of canned fruit	1/2 cup of cooked vegetables
1/2 cup of fresh/frozen fruit	1/2 cup of vegetable juice
1/2 cup of unsweetened fruit juice (4 oz)	1 cup of raw vegetables
1 small fresh fruit (4 oz)	
2 tablespoons of dried fruit	

Please Print your Name: _____ Company Name: _____

Please return to Healthy Merits at healthymerits@meritain.com by [Date]

Eat the Rainbow Week 2 Tracker



- On a daily basis, log your fruit and vegetable consumption
- In the Food column, write down the name of the food (i.e. peaches, broccoli, etc.).
- In the Color columns, write the number of servings consumed.
- If your food does not fit into one of the color columns, write the number of servings in the “Other” column. Then write the color in the “Color” column.
- See the table at the bottom to calculate how many fruit or vegetable servings were consumed.
- If you are unsure of the color of your food, follow this principle. Did you eat the skin? If yes, then mark it as the skin color (i.e. apple=red/green). If no, then mark the color of the flesh (i.e. kiwi=green, not brown).

1 Fruit is equal to...	1 Vegetable is equal to...
1/2 cup of canned fruit	1/2 cup of cooked vegetables
1/2 cup of fresh/frozen fruit	1/2 cup of vegetable juice
1/2 cup of unsweetened fruit juice (4 oz)	1 cup of raw vegetables
1 small fresh fruit (4 oz)	
2 tablespoons of dried fruit	

Please Print your Name: _____ Company Name: _____

Please return to Healthy Merits at healthymerits@meritain.com by [Date]

Eat the Rainbow Week 3 Tracker



- On a daily basis, log your fruit and vegetable consumption
- In the Food column, write down the name of the food (i.e. peaches, broccoli, etc.).
- In the Color columns, write the number of servings consumed.
- If your food does not fit into one of the color columns, write the number of servings in the “Other” column. Then write the color in the “Color” column.
- See the table at the bottom to calculate how many fruit or vegetable servings were consumed.
- If you are unsure of the color of your food, follow this principle. Did you eat the skin? If yes, then mark it as the skin color (i.e. apple=red/green). If no, then mark the color of the flesh (i.e. kiwi=green, not brown).

1 Fruit is equal to...	1 Vegetable is equal to...
1/2 cup of canned fruit	1/2 cup of cooked vegetables
1/2 cup of fresh/frozen fruit	1/2 cup of vegetable juice
1/2 cup of unsweetened fruit juice (4 oz)	1 cup of raw vegetables
1 small fresh fruit (4 oz)	
2 tablespoons of dried fruit	

Please Print your Name: _____ Company Name: _____

Please return to Healthy Merits at healthymerits@meritain.com by [Date]

Eat the Rainbow Week 4 Tracker



- On a daily basis, log your fruit and vegetable consumption
- In the Food column, write down the name of the food (i.e. peaches, broccoli, etc.).
- In the Color columns, write the number of servings consumed.
- If your food does not fit into one of the color columns, write the number of servings in the “Other” column. Then write the color in the “Color” column.
- See the table at the bottom to calculate how many fruit or vegetable servings were consumed.
- If you are unsure of the color of your food, follow this principle. Did you eat the skin? If yes, then mark it as the skin color (i.e. apple=red/green). If no, then mark the color of the flesh (i.e. kiwi=green, not brown).

1 Fruit is equal to...	1 Vegetable is equal to...
1/2 cup of canned fruit	1/2 cup of cooked vegetables
1/2 cup of fresh/frozen fruit	1/2 cup of vegetable juice
1/2 cup of unsweetened fruit juice (4 oz)	1 cup of raw vegetables
1 small fresh fruit (4 oz)	
2 tablespoons of dried fruit	

Please Print your Name: _____ Company Name: _____

Please return to Healthy Merits at healthymerits@meritain.com by [Date]

Week 1: Eat the Rainbow

Summer Vegetable Stir Fry



INGREDIENTS

- ◆ 3 cups mixed tender herbs (such as basil, mint, cilantro, tarragon, and celery leaves), divided
- ◆ 1/2 cup thinly sliced scallions, divided
- ◆ 1 1/2-inch piece peeled ginger, sliced
- ◆ 1 garlic clove
- ◆ 7 tablespoons vegetable oil, divided
- ◆ 2 tablespoons unseasoned rice vinegar
- ◆ 2 tablespoons sesame seeds
- ◆ Kosher salt and freshly ground black pepper
- ◆ 2 cups cooked, cooled wheat berries, farro, or brown rice
- ◆ 4 cups chopped mixed summer vegetables (such as bell peppers, eggplant, chiles, zucchini, squash, carrots, radishes, and cherry tomatoes)

PREPARATION

Combine 2 cups herbs, 1/4 cup scallions, ginger, and garlic in a mini-processor. Pulse to chop ingredients. Add 4 Tbsp. oil, vinegar, and 1/4 cup water and process until a coarse purée forms. Transfer herb sauce to a bowl and stir in sesame seeds. Season to taste with salt and pepper. DO AHEAD Herb sauce can be made 2 hours ahead. Cover and chill.

Heat 1 Tbsp. oil in large heavy skillet over medium-high heat until oil just begins to smoke. Add remaining 1/4 cup scallions and wheat berries. Stir-fry until wheat berries are golden brown and slightly crunchy, about 3 minutes. Season with salt and pepper. Divide wheat berries among bowls.

Return skillet to medium-high heat and add remaining 2 Tbsp. oil. Add vegetables, season with salt and pepper, and stir-fry until brightly colored and crisp-tender, about 4 minutes. Add remaining 1 cup herbs and toss to combine. Divide vegetables over wheat berries. Drizzle with herb sauce.

Colorful Summer Slaw

INGREDIENTS

- ◆ 3 cups shredded green cabbage
- ◆ 3 cups shredded red cabbage
- ◆ 1/2 teaspoon salt
- ◆ 1 slivered yellow pepper
- ◆ 1 pint halved grape tomatoes
- ◆ 1/4 cup chopped fresh basil , plus full leaves
- ◆ 1/4 cup sliced scallions
- ◆ 1/3 cup of olive oil mayonnaise



PREPARATION

In a colander, toss green cabbage, red cabbage and salt. Set aside for 1 hour. Squeeze the cabbage with paper towels to remove water; place in a bowl. Add 1 yellow pepper, grape tomatoes, basil and scallions. Season to taste with salt and pepper. Toss with mayonnaise and cider vinegar. Sprinkle with basil leaves.

Week 2: Red/Purple/Blue Recipes



Tomato Salad with Grilled Shrimp

INGREDIENTS

- ◆ Vegetable cooking spray
- ◆ 1/3 cup extra virgin olive oil
- ◆ 5 tablespoons mixed chopped fresh herbs, such as dill, basil, mint, and/or chives
- ◆ 2 tablespoons white wine vinegar
- ◆ 1 teaspoon lemon zest
- ◆ 2 tablespoons fresh lemon juice
- ◆ 1/4 teaspoon dried crushed red pepper
- ◆ 1 garlic clove, minced
- ◆ 1 teaspoon kosher salt, divided
- ◆ 2 pounds peeled and deveined large raw shrimp
- ◆ 3 tablespoons olive oil
- ◆ 1/2 teaspoon freshly ground black pepper
- ◆ 2 pounds small tomatoes, sliced or quartered

PREPARATION

Coat cold grill grate with cooking spray. Preheat grill to 350° to 400° (medium-high) heat. Whisk together extra virgin olive oil and next 6 ingredients in a small bowl; whisk in 1/2 tsp. kosher salt. Arrange tomatoes on a large serving platter or in a large bowl, and drizzle with 1/4 cup vinaigrette. Sprinkle with desired amount of salt and pepper.

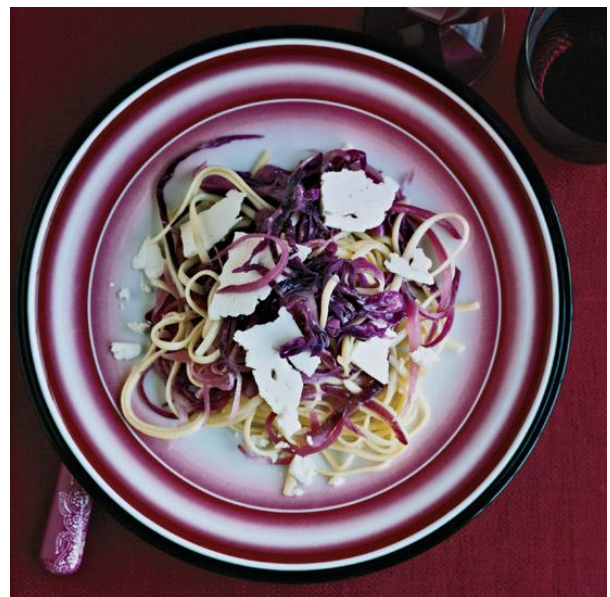
Toss shrimp with 3 Tbsp. olive oil, 1/2 tsp. freshly ground black pepper, and remaining 1/2 tsp. kosher salt. Grill shrimp, covered with grill lid, 2 minutes on each side or just until shrimp turn pink.

Toss grilled shrimp with remaining vinaigrette, and arrange over tomatoes. Or, if desired, toss together shrimp, remaining vinaigrette, and tomatoes

Linguine With Red Cabbage

INGREDIENTS

- ◆ 1/4 cup plus 2 tablespoons extra-virgin olive oil
- ◆ 2 medium red onions, very thinly sliced
- ◆ 4 garlic cloves, minced
- ◆ 2 pounds red cabbage, thinly sliced (8 cups)
- ◆ 1 pound linguine
- ◆ Salt and freshly ground pepper
- ◆ 1 cup Greek feta cheese, crumbled (4 ounces)



PREPARATION

In a large, deep skillet, heat the olive oil. Add the sliced onions, cover and cook over moderately low heat, stirring occasionally, until they are very soft, about 10 minutes. Add the minced garlic and cook, stirring, until fragrant, about 3 minutes. Add the sliced red cabbage, cover and cook, stirring occasionally, until the cabbage is tender, about 20 minutes.

Meanwhile, in a large pot of boiling salted water, cook the linguine until it is al dente. Drain the pasta well, reserving 1 cup of the pasta cooking water. Return the pasta to the pot.

Scrape the cabbage over the pasta. Add the reserved pasta cooking water and toss well. Season with salt and pepper. Transfer to bowls, top with the feta and serve.

Baby Spinach Salad with Fresh Berries

INGREDIENTS

For the Dressing

- ◆ 2-1/2 tablespoons raspberry vinegar
- ◆ 6 tablespoons vegetable oil
- ◆ 1/4 cup honey
- ◆ 1/2 teaspoon Dijon mustard
- ◆ 2 tablespoons finely minced shallots, from one shallot
- ◆ 1/4 teaspoon salt
- ◆ 1/8 teaspoon freshly ground black pepper

For the Salad

- ◆ 1 (6-7 ounce) bag or carton baby spinach (about 6-7 cups)
- ◆ 2 cups (1 pint) stemmed and sliced strawberries
- ◆ 1 cup (1/2 pint) blueberries
- ◆ 1 cup raspberries
- ◆ 1/2 cup pecans, toasted
- ◆ 4 ounces goat cheese



Sources:

www.southernliving.com

www.foodandwine.com

www.onceuponachef.com

PREPARATION

Combine raspberry vinegar, vegetable oil, honey, Dijon mustard, shallots, salt and pepper in a small sealable container and shake vigorously to blend (be sure honey doesn't stick to bottom). Alternatively, combine vinegar, honey, mustard, shallots, salt and pepper in a medium bowl. Whisking constantly, slowly drizzle in oil until emulsified.

In a large bowl, combine baby spinach, strawberries, blueberries, raspberries and pecans. Add the dressing little by little and toss until greens are well-coated (you may have a bit left over but you'll use most of it). Taste and adjust seasoning with salt and pepper. Sprinkle crumbled goat cheese over top and serve.

Week 3: Orange/Yellow Recipes



Gingery Sweet Potato Soup

INGREDIENTS

- ◆ 1 quart water
- ◆ 1 small onion, coarsely chopped
- ◆ 2 garlic cloves, coarsely chopped
- ◆ 1 tablespoon coarsely chopped peeled fresh ginger
- ◆ 1 stalk of fresh lemongrass, thinly sliced crosswise
- ◆ One 1/2-pound sweet potato, peeled and cut into 2-inch cubes
- ◆ 1/2 teaspoon *sambal oelek* or other Asian hot sauce
- ◆ Salt
- ◆ 1/2 tablespoon chopped cilantro
- ◆ Lime wedge, for serving

PREPARATION

In a saucepan, bring the water to a boil with the onion, garlic, ginger, lemongrass and sweet potato. Cover and simmer for 25 minutes until the potato is tender. Transfer the sweet potato to a blender. Strain the broth; add 1 cup to the blender and reserve the rest for another use. Puree the sweet potato soup.

Return the soup to the saucepan. Stir in the *sambal oelek*, season with salt and simmer until heated through. Pour the soup into a bowl, top with the cilantro and lime wedge.

Grilled Summer Squash

INGREDIENTS

- ◆ 2 cups baby zucchini, halved lengthwise
- ◆ 2 cups yellow squash, quartered lengthwise
- ◆ 2 TBSP Olive Oil
- ◆ 1/2 Tsp Kosher Salt
- ◆ 1/2 Tsp Black Pepper

PREPARATION

Preheat grill to medium-high heat. Combine baby zucchini and baby yellow squash in a large bowl. Add olive oil, kosher salt, and black pepper; toss well. Place vegetables on a grill rack coated with cooking spray. Grill 5 minutes on each side or until lightly charred and tender.



Sources:

www.myrecipes.com

www.Southernliving.com

Week 4: Green Recipes



Creamy Basil Black Pepper Cucumbers

INGREDIENTS

- ◆ 2 1/2 pounds cucumbers, peeled and cut into spears
- ◆ 1 1/2 teaspoons kosher salt
- ◆ 1/2 cup Greek yogurt
- ◆ 3 tablespoons extra virgin olive oil
- ◆ 1 teaspoon lime zest
- ◆ 2 tablespoons fresh lime juice
- ◆ 1 teaspoon freshly ground black pepper
- ◆ 1/2 cup firmly packed fresh basil leaves, chopped
- ◆ Garnish: lime peel strips

PREPARATION

Toss together cucumbers and salt in a large bowl, and let stand 5 minutes. Whisk together yogurt and next 4 ingredients; gently stir into cucumber mixture. Cover and chill 1 to 24 hours. Add basil, and toss to combine. Let stand 10 minutes before serving. Season with salt.

Crispy Green Beans with Pesto

INGREDIENTS

- ◆ 1 teaspoon olive oil
- ◆ 1 garlic clove, minced
- ◆ 3 cups fresh green beans, ends trimmed and chopped into 1" pieces
- ◆ 1/4 cup pesto
- ◆ 1 tablespoon toasted pine nuts

PREPARATION

Heat olive oil in a non-stick skillet. Cook garlic on medium-high heat for about 30 seconds, remove from skillet and set aside. Add beans to the same skillet and sauté for about 6 minutes or until beans are cooked but still crispy. Return garlic to the skillet and cook an additional 30 seconds (just enough to quickly reheat garlic). Remove from skillet and cool down a bit. Toss with pesto, sprinkle with pine nuts and serve.



Source:

www.notenoughcinnamon.com

www.Southernliving.com