



Fuel your workday...Make small changes to your eating habits.

Making changes to improve your overall health includes choosing a variety of healthy food and beverages from Canada’s Food Guide, in addition to a regular physical activity routine. Prepare your lunch and snacks the night before work to avoid falling off track.

challenge yourself

Looking to build a healthier environment at work? Try some of the suggested challenges below or get creative and come up with ideas that appeal to everyone in your work environment.

- Plan ahead and pack at least 1 vegetable and 1 fruit in your lunch bag every day. Keep record by using a calendar and post it on the wall in your workspace.
- Drink more water. Challenge yourself to drink an extra glass of water during the morning and afternoon.
- Bring your lunch to work more often. Limit the number of times per week you eat out.

Snack Ideas

Use these snack ideas when planning out your lunches for the week:

- Apple slices and cubes of hard cheese
- Celery with peanut butter and raisins
- Yogurt and canned fruit
- Carrot and turnip sticks with salad dressing for dip
- Yogurt and frozen blueberries
- Toast with peanut butter
- Air-popped popcorn and trail mix
- Fruit salad made with fresh or canned fruit, and granola bar
- Whole grain cereal and milk



ADDITIONAL RESOURCES

- “Affordable Healthy Eating – Tips to save money and eat well”
<http://www.recreationnl.com/wp-content/uploads/2013/12/Affordable-Healthy-Eating.pdf>
- Eat Great & Participate Webpage:
<http://www.recreationnl.com/programs-events/eat-great-participate/>
- Receive daily recipe ideas with Cookspiration:
<https://www.cookspiration.com>



FOR MORE INFORMATION

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