



21-DAY CHALLENGE @ WORK snacking for success

If you are interested in learning more about the 21-Day Challenge @ Work please contact:

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Mission:

Our mission for the 21-Day Challenge @ Work is to empower leaders within a company to guide their teams to a healthier lifestyle one change at a time. By educating and encouraging employees toward healthier habits we can assist employees in making effective and lasting lifestyle changes through diet and exercise initiatives.

Background:

The 21-Day Challenge @ Work is a direct result of the overwhelming success of our kids' version of the 21-Day Challenge. With childhood obesity more than tripling in the last 30 years, Medical City Children's Hospital recognized the need to educate children about healthy eating habits. The *kids teaching kids*SM program challenges high school culinary students to create a recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables. As parents participated in making healthy snacks with their children, they saw the need for a challenge of their own at their workplace, where they feel that they do the most frequent and the unhealthiest snacking.

Why is this program necessary?

According to the Mayo Clinic "sitting is the new smoking". Individuals who spend more than 4 hours in front of a screen are reported to have a nearly 50 percent increased risk of death from any cause, and about a 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack. In addition the USDA reports that snacking makes up 25 percent of calories (and an even greater percentage of the diet in teen and child populations) and suggests that eating nutrient-rich fruits and vegetables as part of an overall healthy diet may reduce the risk of chronic diseases such as type 2 diabetes, obesity and heart disease. Thus, each snack choice is an opportunity to improve and safe guard one's health.



21-Day Challenge @ Work

Snacking for Success

How it all works:

Medical City Dallas Hospital is excited to bring you the 21-Day Challenge @ Work! Each day of the challenge, you and your colleagues will use the 21-Snacks for 21-Days recipe book or the easy online snack finder to discover a new healthy snack. They look like treats and taste amazing. All include a fruit or vegetable and meet strict nutrition standards. We encourage you to get the whole family involved in this challenge to explore a path to better, healthier lives together!

The reason this challenge works is because all of these health-conscious recipes taste great and are simple to make.

Nutrition criteria are as follows:

Calories: **200 or less**

Fat: **7g or less**

Saturated Fat: **2g or less**

Fiber: **2g or more!**

Sugar: **15g or less**

And contain a minimum of 1/2 cup fruit or vegetable per serving

We Provide:

- A Lunch and Learn to introduce the program to your employees and educate them regarding some easy ways to incorporate more fruits and vegetables into their diet
- A Recipe Book with 21 recipes, the program's FAQ's, and a daily snacking log
- A website with over 500 recipes to search for more snacking ideas
- A wristband to serve as a reminder to employees to enjoy a healthy snack every day
- Weekly education "Bites" from the dietitian
- A Data Analysis report detailing positive impacts on employee performance
- Follow-up on an annual basis, to create real and lasting change among workers

The 21-Day Challenge @ Work package can be modified for each company's goals and culture. The company will choose the goals and implement them, the dietitian will assist in promoting the program and educating employees.

PROGRAM FLOW

Kick-off Event with the RD; includes a Lunch and Learn and Snack Demo

Participants sign-up online by completing a short survey about their current snacking habits

Participants will create their own snack daily for the next 20 days and record it in the log provided

Upon completion of the challenge there will be a 21 day "dead-period" and then a post-survey will be sent to all participants asking about new habits

Employees will have one week to complete the survey and then a final report will be provided to the company reporting the positive impact the challenge had on employees

AFTER THE CHALLENGE IS COMPLETE

The dietitian will provide you with a one page report on the improvements that your employees report having experienced both during and after the challenge. Also included in the report is the percentage of employees still utilizing the healthy snacks as a tool to increase energy, productivity and mood.

21 Day Challenge – FAQs

1. What is the 21-Day Challenge @ Work?

The 21-Day Challenge encourages you and your colleagues to make healthier snack choices for the next 21 days. You will receive a recipe book developed from the *kids teaching kids*™ Program, over 500 online snack recipes, weekly education "bites" from the dietitian and support from your Wellness Coordinator.

We encourage you to support your co-workers in this challenge. Plan snack breaks together and coordinate ingredients to share in the fun!

2. What is *kids teaching kids*™?

The *kids teaching kids*™ program challenges high school culinary students to create a recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables.

3. If the ingredients in the book don't match up to the ingredients I have in my house, do I have to make a special food purchase?

No. We developed a tool on our website called "Healthy Snack Finder". You can search our database of over 500 recipes simply by typing in the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines for healthy snack, listed below).

4. What if I miss a day in the 21-Day Challenge?

It is ok to miss a day. Though, during the 21-Day Challenge we would like for you to think ahead and plan your snack each day. Remember you can make and enjoy your snack anytime of the day.

5. Once I finish the challenge, do I take the survey?

No. You will wait 3 weeks after you finish the challenge before taking the survey. We will send you an email link when it is time. In the meantime, keep up the good snacking.

6. Can I enter a different email address on the survey from the one I used during registration?

No. We are trying to compile accurate data. Please use the same email address for the registration and survey.

7. During the 21-Day Challenge, do I have to make EVERY snack from the book I have?

No. We understand there may be cases of food allergies, availability of ingredients, etc. Since this program began, Texas Pro Start culinary students have created over 500 healthier snack recipes. You are more than welcome to download other recipe books on the website, use the "Healthy Snack Finder" tool or create your own healthy snacks (see guidelines for a healthy snack, listed below).

8. What are the guidelines for a Healthy Snack?

Below are the guidelines for your healthy snack. Don't forget to check your portion size!

- 200 calories or less
- 7 g of fat or less
- 2 g of sat fat or less
- 2 g of fiber or more!
- 15 g of sugar or less
- Must contain a minimum of 1/2 cup of fruit or vegetable per serving.

9. What if I have questions about the 21-Day Challenge?

Contact your Wellness Coordinator.

