

Join us for the

Food for Thought CHALLENGE

Trying to be healthy, at times, can be overwhelming—but don't over think it. By making simple, important changes to your diet you can be on the path to healthy living.

What's it about?

The Food for Thought Challenge is about learning how to make good choices when it comes to what you eat every day.

How long is the campaign?

Four Weeks

The Challenge

Each week, earn points by making a meal at home, taking your lunch to work, making healthy substitutions, and eating your colors. Complete two activities each day—earn 40 to complete the challenge!

