

Join us for the

Food for Thought CHALLENGE

Share your wellness journey on the Schurz Choice Facebook page for the Food for Thought Challenge! Start by “Liking” the Schurz Choice Facebook page. Then post a photo, comment, or link to the page according to the weekly schedule below. Be sure to use the hashtag **#SchurzChoiceFoodThought**.

Facebook.com/schurzchoice

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- { Week 1 }** This week, gather some of your favorite food staples you have on-hand at home and snap a picture of them. What can't you live without? Post the picture onto the Schurz Choice Facebook page.
- { Week 2 }** Show us your lunch! Snap a picture of the lunch you've packed today and post it to the Schurz Choice Facebook page. Didn't bring a lunch this week? Post a link to a recipe for something you plan to make for lunch later on.
- { Week 3 }** If you find yourself at a restaurant this week, snap a picture of the healthy substitute you've made. Steamed broccoli instead of French fries? Balsamic vinaigrette instead of blue cheese dressing? Post a picture of your healthy choice to the Schurz Choice Facebook page.
- { Week 4 }** Take a picture of the most colorful meal you've eaten this week. Sweet potatoes, red peppers, beets, green beans, corn...the list is endless. See how your colorful plate stacks up against your coworkers' plates by posting the picture to the Schurz Choice Facebook page.



#SchurzChoiceFoodThought