

Setting and Achieving Healthy Eating Goals



Purpose To learn how to set and achieve healthy eating goals that are simple and realistic



Intended Audience All employees



- Suggested Activities**
- Start a support group made up of employees who are interested in eating healthier, being more physically active, and feeling better about themselves. Arrange to meet at least once a week to discuss goals, action plans, challenges, triumphs, and successes. You may wish to use the booklet *Making the Most of You* as a guide.
 - Set up a “challenge.” Challenge employees to achieve a particular goal, such as eating at least five servings from the Vegetables and Fruit group daily over a one-month period. Ask participants in the challenge to record their vegetable and fruit intake each day. Give a small reward to those employees who achieve their goals. Consider giving a grand prize of a fruit/vegetable basket to the participant(s) who consumes the most vegetables and fruit servings over the month.

Materials

- Diversity Checklist
- *Making the Most of You* (Dairy Farmers of Canada)
(Order from www.dairygoodness.ca or call 1-800-465-COWS. Allow two to four weeks for delivery.)
- *Eating Well with Canada's Food Guide* (Health Canada)
(See sleeve inserts at the back of this binder. To order multiple copies, go to www.healthcanada.ca/foodguide or call 1-866-225-0709 and ask for Publications. Allow four to six weeks for delivery.)
- *Healthy Eating in the Workplace Action Plan Worksheet*
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*
(See Additional Resources, p. 225)