



The Salad Social Challenge.

Encourage your co-workers to eat some greens! Here are the benefits:

- Creates rewarding social interaction between colleagues. Sharing meal ideas can reduce stress and boost a sense of social wellbeing.
- Salads can be very healthy and delicious when the emphasis is placed on a variety of vegetables, fruit, healthy fats like nuts and extra virgin olive oil, and whole grains, like brown rice or millet.
- Meal ideas can help reduce the anxiety around figuring out healthy recipes. People are more likely to eat healthy meals with food choices given to them.

The Salad Social Challenge encourages staff to **bring a salad with you to work for 5 days.**

- At the beginning of the week, set up a meeting to share salad recipes with your co-workers.
- Bring a healthy lunch to work and save money!
- Log your progress with the following tracker and join us at the end of the week to discuss your experiences and new recipes with the team.

Click below for the email templates:

- [Interest email](#)