**Email #1 | Purpose:** to announce the challenge

**Subject line:** Join the 5 A Day Your Way Challenge!

***Suggested send date:*** *March 2nd – March 6th*

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| cid:93D0351E-198B-4EBA-803C-DC4810862876@home |
| Dear [agency/worksite name] employees: Next month is National Nutrition Month, and [agency/worksite name] is celebrating with the **5 A Day Your Way Challenge**! The week-long challenge kicks off on **Wednesday, March 18th**. Eating more fruits and vegetables is one of the best ways to fuel your body and your life. Join the **5 A Day Your Way Challenge** to get into the habit of 5 servings a day!  Participants will receive daily email prompts, prompts, a personal tracker, healthy eating tips, and more! Participants can also ***enter to win*** a healthy eating prize at the end of the challenge.[**Sign up today!**](https://www.surveymonkey.com/r/5aday2020)Follow [**@workwellnyc**](http://www.instagram.com/workwellnyc) on Instagram for challenge information, nutrition facts, meal planning tips, and everything you will need to get ready to go for **#5ADayYourWay**. **Questions?** Contact [Ambassador name and email], visit [**www.nyc.gov/workwellnyc**](http://www.nyc.gov/workwellnyc), or email **workwell@olr.nyc.gov**.  |
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**Email #2 | Purpose:** to introduce **5 A Day Your Way @ Work**

**Subject line:** Celebrate National Nutrition Month with [worksite]

***Suggested send date:*** *March 9th – March 13th*

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| cid:93D0351E-198B-4EBA-803C-DC4810862876@home |
| Dear [agency/worksite name] employees: From Wednesday, **March 18th to Tuesday, March 26th**, [agency/worksite] is celebrating National Nutrition Month with **5 A Day Your Way @ Work**!Look out for the poster at [insert location and date information]. Each day, you can share how you included fruits or vegetables in your meals that day! By participating, [Agency/worksite name] will have a chance to win an **at-work cooking demonstration by a professional chef!** |
| If you haven’t already, sign up for **5 A Day Your Way** to receive daily prompts, a personal tracker, healthy eating tips, and more! [**Sign up today!**](https://www.surveymonkey.com/r/5aday2020) |
| Follow [**@workwellnyc**](http://www.instagram.com/workwellnyc) on Instagram for challenge information, nutrition facts, meal planning tips, and everything you will need to get ready to go for **#5ADayYourWay**.**Questions?** Contact [Ambassador name and email], visit [**www.nyc.gov/workwellnyc**](http://www.nyc.gov/workwellnyc), or email **workwell@olr.nyc.gov**. |
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**Email #3 | Purpose:** promote 5 A Day Your Way @ Work

**Subject line:** 5 A Day Your Way @ Work is Here!

***Suggested send date:*** *March 18th (or another date depending on your agency’s participation)*

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| cid:93D0351E-198B-4EBA-803C-DC4810862876@home |
| Dear [agency/worksite name] employees: **5 A Day Your Way @ Work** is here! Visit the **5 A Day Your Way @ Work** poster at [location/] to share how you strive for 5 servings of fruits and vegetables. Whether you’re a fruit fanatic, voracious about vegetables, or still learning what you like, every serving counts!By participating, [Agency/worksite name] will have a chance to win an at-work cooking demonstration by a professional chef!Follow [**@workwellnyc**](http://www.instagram.com/workwellnyc) on Instagram for challenge information, nutrition facts, meal planning tips, and everything you need to go for **#5ADayYourWay**.**Questions?** Contact [Ambassador name and email], visit [**www.nyc.gov/workwellnyc**](http://www.nyc.gov/workwellnyc), or email **workwell@olr.nyc.gov**. |
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**Email #4 | Purpose: 5 A Day Your Way @ Work** reminder

**Subject line:** Don’t forget – 5 A Day Your Way @ Workis here!

***Suggested send date:*** *March 20th – March 23rd*

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| cid:93D0351E-198B-4EBA-803C-DC4810862876@home |
| Dear [agency/worksite name] employees: **5 A Day Your Way @ Work** is underway! Don’t forget to visit the **5 A Day Your Way @ Work** poster at [location] and share how you strive for 5 servings of fruits and vegetables each day. Your participation could help [agency/worksite name] win **an at-work cooking demonstration by a professional chef!** Follow [**@workwellnyc**](http://www.instagram.com/workwellnyc) on Instagram for challenge information, nutrition facts, meal planning tips, and everything you need to go for **#5ADayYourWay**.**Questions?** Contact [Ambassador name and email], visit [**www.nyc.gov/workwellnyc**](http://www.nyc.gov/workwellnyc), or email **workwell@olr.nyc.gov**. |
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