

# Participate in Wellness Wednesdays

## What are Wellness Wednesdays?

Wellness Wednesdays involve offering fresh and healthy snacks, free of charge, to your fellow employees on Wednesdays in the lunch room. Each week will feature a new healthy snack offering. Come on down to the lunch room on Wellness Wednesdays for a refreshing snack to jump-start your morning or chase away a mid-afternoon slump. Other bonuses include learning new health and wellness tips, or just meeting and mingling with your coworkers.

## Can I earn a Plus through Wellness Wednesdays?

Yes, you can earn a Quick Win Plus. Simply volunteer to provide a healthy snack for a Wednesday and earn one Quick Win Plus. We ask that you keep to a budget of \$25 and provide enough snacks for 50 people. (Retain your purchase receipts for reimbursement.) We also ask that you be present for 15 minutes of the allotted Wellness Wednesday time to talk about your snack, provide a healthy tip, or even hand out a tasty recipe.

## Help! I want to earn a Plus but I don't know what to bring!

### No worries – Check out these healthy snacking ideas below:

- Fresh whole or cut fruit
- Low-fat yogurt with granola and berries
- Vegetable trays with hummus
- Dried fruit and nuts to create-your-own trail mix
- Baked chips with garden fresh salsa
- Flavored ice water, like cucumber-lemon or strawberry-basil

...or be creative and come up with your own healthy snack! If you prepare food, it would be great to share your recipe with those who participate in your Wellness Wednesday. It'll be so yummy and tasty; everyone will want to make it themselves!

## How do I sign up?

Contact the Wellness Plus administrator to sign up for the Wellness Wednesday that works best for you and share what healthy snack you would like to provide. You can provide your snack in the morning around 10 a.m. or in the afternoon around 2 p.m. Just let us know your preference. Let's start earning those pluses! You are welcome to volunteer for more than one Wellness Wednesday, though you will only be eligible to earn one **Quick Win Plus** for this event.



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