




Eat the Rainbow

Welcome! *Eat the Rainbow* is a nutrition program featuring email templates; ready-to-use posters and handouts; and a corporate challenge – all with step-by-step instructions and a timeline for simpler implementation and management. The program is ready to use as-is, but we suggest customizing the materials to best fit your workplace environment and culture. Suggestions are offered throughout the program, so consider fine-tuning the timeline, materials or methods to make them your own. You know the best way to engage your employees! Look for the  icon for customization ideas!

PROGRAM OVERVIEW

Length: 4 weeks

Suggested Start Date: The first of the month

Suggested End Date: The end of the month

Difficulty of Implementation: Medium

Difficulty for Employee: Medium

Wellness Champion(s): _____

Goal: To educate employees on nutrition through increased fruit and vegetable consumption

How: *Eat the Rainbow* features email templates, handouts, posters and a corporate challenge. *The Eat the Rainbow Challenge* helps employees track the foods eaten for one month.

Why? Experts have supported that a rich diet in colorful fruits and vegetables is key to a healthy life.

Measurement/Outcome: Determine success measures based on your organizational environment.

SUGGESTED TIMELINE OF COMPLETION

- ☐ **One week before start:** Make initial announcements, hang announcement flyer
- ☐ **One – two days after initial announcement:** Send baseline survey and collect responses
- ☐ **Two – five days prior to start of challenge:** Print and distribute or email trackers to employees
- ☐ **Weeks 1 – 4:** Send emails #1-5, distribute handouts and display posters
- ☐ **End of week 4:** Collect challenge trackers from participants
- ☐ **End of week 4:** Send final email and post-program survey and collect responses
- ☐ **End of challenge:** Reward appropriate individuals, if applicable
- ☐ **Immediately following challenge completion:** Compile report analyzing pre- and post- survey responses and report to wellness committee and prepare summary for executive team to review

PLAN YOUR PROCESS

- 1. Identify champion(s)** – Select the person(s) who can handle spearheading the program: perhaps yourself, a wellness committee member or a small team of employees. The champion(s) should be comfortable with project management, such as sending emails; distributing handouts; hanging and dismantling posters; printing, collecting, and analyzing *Eat the Rainbow Challenge* trackers; controlling incentive purchases and distribution; communicating with upper management, etc.

Champion 1: _____

Champion 2 (if needed): _____

Champion 3 (if needed): _____

- 2. Develop implementation plan methodology** – A rough timeline is available for use (see previous page). Consider whether other departments will be involved with the implementation process such as IT, marketing or operations. If the champion(s) need help from others, ask for their help in advance, when possible.
- 3. Execute your plan** – Follow your implementation methodology throughout the *Eat the Rainbow Challenge*. Consult the Wellness Council of Indiana Helpline for additional guidance.
- 4. Evaluate the program** – Use baseline and post-program surveys to determine the success of the program. Wellness champion(s) should also document informal feedback given by staff, so the next time using the program will be even better.
- 5. Celebrate success** – Reward employees who successfully participated in the *Eat the Rainbow Challenge*. Consult the *Eat the Rainbow Challenge* section for incentive guidance.

THE INITIAL ANNOUNCEMENT

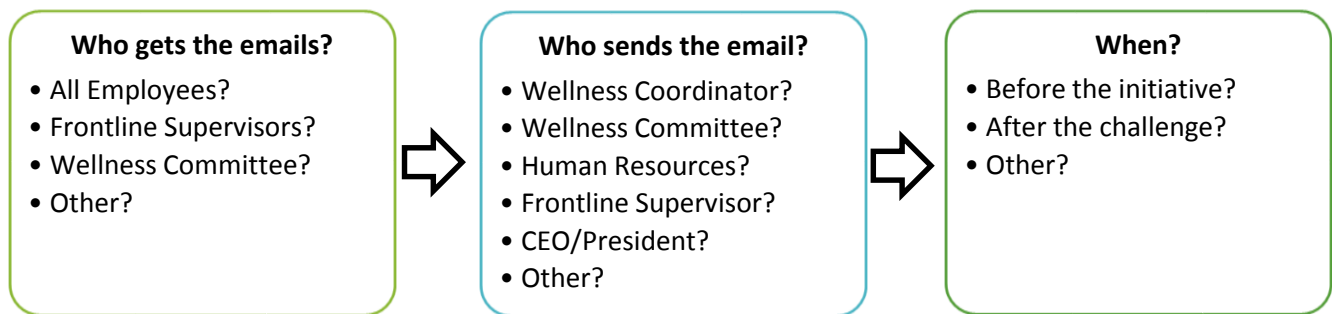
The initial announcement is the first message communicated to employees about the initiative. It is used to inform employees about the program, promote the challenge and incentivize participation. There are three promotion options: 1) sending an email, 2) making a verbal announcement, or 3) posting flyers. All three measures can be combined. Measure employees' reactions after the announcement is made. Do they appear excited? Are they talking about participating? Is there any group conversation about the challenge? In general, what is the level of interest?

Use the template for each of the three communication methods on the next page. Consider modifying these materials to be specific to your organization. Developing your own initial announcement(s) to promote the program is also something to study.

Keep note of how many people receive, open and respond to the email.



For each email, use the flowchart below to determine the email audience, the email sender and the appropriate email timeline.



Initial Announcement Email Template



The initial email should be sent to all employees one week prior to the start of the initiative, by an organization executive, when possible.

To: All Employees
From: The President/CEO (Executive)
Subject:

<Hello Greeting>

Experts agree that diets rich in colorful fruits and vegetables are key to a healthy life. Because of this, on <Specific Date> we are excited to announce the start of a program called *Eat the Rainbow*, which will challenge you to adopt a more colorful diet. Check your email weekly for informational tips and fun facts. Posters will also be hung throughout the facility and you can make use of helpful handouts. <We will also begin a corporate challenge for a chance to win prizes.> Materials will be distributed <Specific Date> by our *Eat the Rainbow* team captain(s), <Enter Names and Contact Information>.

Initial Verbal Announcement Template



A verbal announcement should be made to all employees at least one week prior to the start of the initiative, by an organization executive, when possible.

<Hello Greeting>

"I am excited to announce the start of the *Eat the Rainbow* initiative, beginning on <Specific Date>. Experts agree that diets rich in colorful fruits and vegetables are key components to a healthy life. Our goal is to get everyone in the company to try new fruits and vegetables. Who knows, you might actually like kale and did not know it! Watch for weekly emails for informational tips and fun facts. We will also have posters throughout the facility. This initiative even features a challenge and a chance to win some great prizes. Materials will be distributed <Specific Date>. Contact <Wellness Champion> for more information."

Initial Announcement Flyer (See next page)

JOIN THE “EAT THE RAINBOW” INITIATIVE!

WHAT IS IT? A month-long program that challenges you to eat colorful fruits and vegetables.

WHEN? <Starting Date>

WHY? Experts have long supported the benefits of a colorful diet.

HOW TO GET INVOLVED: Look for weekly email tips, posters, and handouts. Contact <Wellness Champion> to get started!

SOCIAL MEDIA



Twitter – Sample tweets to promote your program

- *Reminder – try to make at least half your plate contains fruits and vegetables*
- *Which do you prefer, fruits or vegetables? Retweet for vegetables or like for fruits*
- *If you are reading this tweet, get up and stretch!*
- *Can you name seven veggies that begin with the letter “C”?*



Facebook – Sample statuses to promote healthier eating

- *“A journey of a thousand miles begins with a single step” – Lao Tzu*
- *“If your food came from a plant – eat it. If it was made in a plant – don’t” – Michael Pollan*
- *“Seven days without fruits and vegetables makes one ‘weak’”*
- *Comment with a picture of you eating a nutritious and delicious food*
- *Comment with your favorite healthy dish to eat with your friends and family*
- *Like this post if you’ve eaten your vegetables today!*
- *Keep calm and eat your fruits and veggies!*
- *“Take care of your body, it’s the only place you have to live” – Jim Robin*



Instagram – Sample #Hashtags to promote your program

- *#EatHealthyFeelHealthy*
- *#EatTheRainbow*
- *#ColorfulFood*
- *#EatWellLiveWell*

EAT THE RAINBOW CHALLENGE

Instructions

Print off and/or email trackers to employees a couple days before the initiative starts. An electronic copy is recommended, in case employees want to keep track on their computer. Using the list below, employees will “check off” the colorful fruits and vegetables they eat over a one-month period. **1 point** for each colorful food eaten, **3 points** for each new food they try for the first time and **8 points** if they eat at least one food from each color category. At the end of the month, employees turn in their trackers and the wellness champion(s) will tally up the scores. Decide how and when you want to distribute incentive prizes (whether it is determined by participation, most points and so forth.), if applicable.

Incentive Ideas

The number of incentives and size of your incentive prize(s) depends on your program budget. Consider choosing one big prize for the first-place winner; multiple less expensive prizes; or even prizes for all who reach a designated outcome. Here are incentive ideas relating to the *Eat the Rainbow* program:

- (x) month membership to Green BEAN grocery delivery service
- Grocery store gift card
- Farmers market gift card
- Fruit or vegetable basket
- Healthy catered breakfast or lunch
- Healthy option cookbooks
- Subscription to a healthy cooking magazine
- Nutri-Bullet or similar blender with healthy smoothie recipes
- New lunch box and food storage containers
- Voucher for a cooking class

Red

- ☐ Blood orange
- ☐ Cherry
- ☐ Cranberry
- ☐ Pink/red grapefruit
- ☐ Pomegranate
- ☐ Radicchio
- ☐ Radish
- ☐ Raspberry
- ☐ Red apple
- ☐ Red beet
- ☐ Red cabbage
- ☐ Red grape
- ☐ Red onion
- ☐ Red pear
- ☐ Red pepper
- ☐ Red potato
- ☐ Rhubarb
- ☐ Strawberry
- ☐ Tomato
- ☐ Watermelon

Orange/Yellow

- ☐ Acorn squash
- ☐ Apricot
- ☐ Butternut squash
- ☐ Cantaloupe
- ☐ Carrot
- ☐ Corn
- ☐ Lemon
- ☐ Mango
- ☐ Nectarine
- ☐ Orange pepper
- ☐ Orange
- ☐ Papaya
- ☐ Peach

- ☐ Persimmon
- ☐ Pumpkin
- ☐ Summer squash
- ☐ Sweet potato
- ☐ Tangerine
- ☐ Yellow beet
- ☐ Yellow tomato

Green

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Avocado
- ☐ Broccoli
- ☐ Brussels sprout
- ☐ Celery
- ☐ Chinese cabbage
- ☐ Cucumber
- ☐ Endive
- ☐ Green apple
- ☐ Green bean
- ☐ Green cabbage
- ☐ Green grape
- ☐ Green onion
- ☐ Green pear
- ☐ Green pepper
- ☐ Honeydew
- ☐ Kiwi
- ☐ Leek
- ☐ Lettuce
- ☐ Lime
- ☐ Okra
- ☐ Pea
- ☐ Spinach
- ☐ Watercress
- ☐ Zucchini

Blue/Purple

- ☐ Blackberry
- ☐ Blueberry
- ☐ Currant
- ☐ Eggplant
- ☐ Elderberry
- ☐ Fig
- ☐ Plum
- ☐ Prune
- ☐ Purple asparagus
- ☐ Purple cabbage
- ☐ Purple grape
- ☐ Purple potato
- ☐ Raisin

White

- ☐ Banana
- ☐ Cauliflower
- ☐ Date
- ☐ Garlic
- ☐ Ginger
- ☐ Jicama
- ☐ Kohlrabi
- ☐ Mushroom
- ☐ Onion
- ☐ Parsnip
- ☐ Potato
- ☐ Shallot
- ☐ Turnip
- ☐ White corn
- ☐ White nectarine

Using the list, “check off” the colorful foods you eat in a one-month period. You will receive **1 point** for each colorful food eaten, **3 points** for each new food you try for the first time and **8 points** if you eat at least one food from each color category. Try to get as many points as possible! At the end of the challenge, count the number of colors eaten, the number of foods eaten and the number of new foods tried to see your success! Turn in your tracker to the wellness champion at the end of the challenge for the chance to win a prize.

Name: _____

Number of colors eaten: _____ **Number of foods eaten:** _____ **Number of new foods tried:** _____

BASELINE SURVEY

Appropriate baseline measurements must be taken before the program starts. The Wellness Council of Indiana has provided you a simple two-question baseline survey to use. Consider a web-based survey tool. Many of them offer free surveys to start. Emphasize that all responses will remain anonymous and their participation/answers will not impact them in any way. Below is an email template to notify employees about the survey and a template of survey questions you can use. Modify these questions to fit your organizational environment.

Baseline Survey Email Template



A polling web site is a great way to get feedback from employees without clogging up inboxes and helping maintain employee anonymity.

To: All Employees
From: Wellness Champion(s)
Subject: Eat the Rainbow Survey

Before we start the *Eat the Rainbow* program, we need to understand where you are today. Follow the link to take our **two-question survey**. *This information will remain anonymous and your answers will not impact you in any way ...* answers will help us to determine the overall program success.
You can find the survey here <Insert Hyperlink>.

<Standard Closing>

Baseline Survey Questions

Question 1: Do you, on most days, eat the recommended 5-9 servings of fruits and vegetables? Yes/No
Question 2: Have you tried a new fruit or vegetable for the first time in the past month? Yes/No

EMAIL TEMPLATES

How to Implement

Weekly emails to be sent to employees once the initial announcement is made and the baseline survey email is sent. Pick and choose which ones best fit your organization.

Email Content

Email 1: Color wheel and the benefits of different colored fruits and vegetables

Email 2: Colorful fruit spotlight: [kiwi fruit](#).

Email 3: Colorful fruit spotlight: [pomegranate](#).

Email 4: Simple, inexpensive and healthy recipe for cooked butternut squash

Email 5: Easy and colorful substitutions for foods or recipes

READY-TO-USE HANDOUTS

How to Implement

Distribute handouts at staff meetings, have extra in the break room for people to take, stuff in employee mail (example: paystubs if you still use paystubs) or personally hand out materials.

Handout Content

Handout 1: Chart of what fruits and vegetables are in season throughout the year in Indiana

Handout 2: Important do's and don'ts of fruits and veggies

Handout 3: Get Fresh with Fruits and Vegetables

READY-TO-USE POSTERS

How to Implement

Display posters in high-traffic areas such as the bathroom, break room, by the water cooler, in elevators, in stairwells, etc.

Poster Content

Poster 1: Make a Rainbow at the Salad Bar

Poster 2: How to get a more colorful diet

Poster 3: Can you name...?

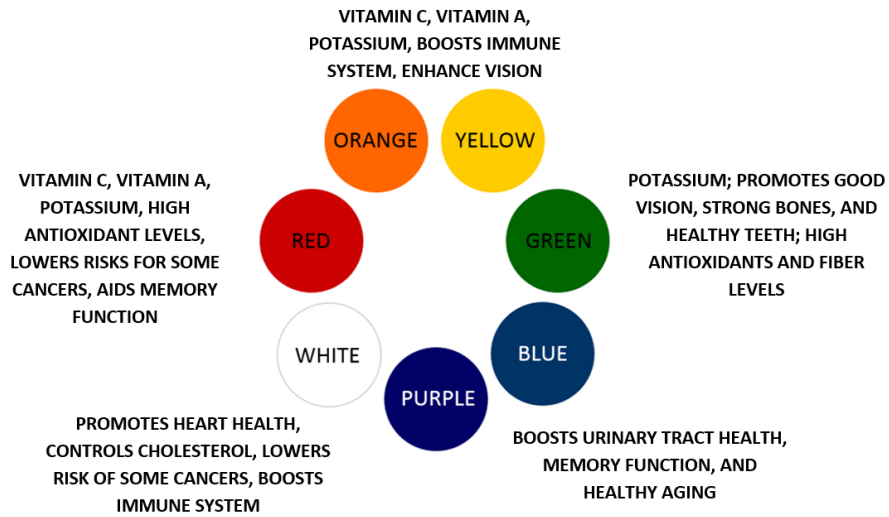
Poster 4: WebMD Portion Size Guide

Poster 5: Dietary Guidelines for Americans 2015-2020 summary

Email 1

<Hello Greeting>

Eat the Rainbow by taking advantage of the health benefits that colorful foods have to offer! This color wheel below explains the rewards of eating colorful fruits and vegetables.



<Standard Closing>

Email 2

<Hello Greeting>

Today's colorful fruit spotlight is ... kiwi!



Did you know that kiwifruit is actually a berry?

Commonly shortened to just “kiwi”, the emerald-colored fruit protects against cancer, promotes heart health and is packed with Vitamin C to boost your immune system. Slice in half and scoop out with a spoon – it is as simple as that!

<Standard Closing>

Email 3

<Hello Greeting>

Today's colorful fruit spotlight is ... pomegranate!



This colorful fruit is packed with antioxidants to help boost immunity and heart health. Sprinkle the seeds on salads, oatmeal and Greek yogurt. Drink pure pomegranate juice for great health benefits.

<Standard Closing>

Email 4

<Hello Greeting>

Enjoy this easy butternut squash [recipe](#) that is both delicious and nutritious!

Prep: 15 min | Cook: 25 min | Ready in: 40 min

Ingredients

- 1 butternut squash, peeled, seeded, and cut into 1" cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

Instructions

- Preheat oven to 400 degrees
- Toss cubed butternut squash with olive oil and garlic in a large bowl
- Season with salt and black pepper and arrange coated squash on baking sheet
- Roast in the preheated oven until squash is tender and lightly browned (about 25-30 min)



<Standard Closing>

Email 5

<Hello Greeting>

Did you know there are quick and healthy ingredient substitutions you can make?

- Next time you make chicken or tuna salad, swap the mayo for avocado!
- Instead of pasta, make homemade zucchini “noodles” for your next dish!
- Order sweet potato fries instead of regular fries!
- Bake your taco mix in halved bell peppers instead of using tortillas!
- Top ice cream with fresh fruit instead of chocolate syrup or sprinkles!

<Standard Closing>

Indiana Fruits and Vegetable Harvest Calendar

Fruits & Vegetables	April	May	June	July	Aug.	Sept.	Oct.	Nov.
Apples								
Asparagus								
Beets								
Blackberries								
Blueberries								
Broccoli								
Brussel Sprouts								
Cabbage								
Cantaloupe								
Carrots								
Cauliflower								
Cherries								
Collards								
Eggplant								
Grapes								
Green Peas								
Hot Peppers								
Lettuce								
Lima Beans								
Mushrooms								
Onions (dry)								
Peaches								
Plums								
Potatoes								
Pumpkins								
Radishes								
Raspberries								
Snap Beans								
Spinach								
Strawberries								
Summer Squash								
Sweet Corn								
Sweet Peppers								
Tomatoes								
Tumips & Tumip Greens								
Watermelon								
Winter Squash								

Special Note on Availability : Local weather may affect harvest dates from one year to the next. Many Fruits and vegetables are available beyond the indicated harvest periods through meodern storage techniques and facilities.

Prepared by:



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DO'S & DON'TS OF FRUIT & VEGGIES

DO watch calories. Avocado, cherries and raisins are healthy but calorie-dense fruits. Experts recommend eating higher-calorie fruits and veggies in moderation.

DON'T overdo it on starchy vegetables. Avoid having two starchy vegetables together, like potatoes *and* corn. Pick another veggie that's higher in fiber.

DO buy smaller pieces of fruit. Larger pieces of fruit means more calories and more sugar. Round fruits (apples, peaches) should be roughly the size of a tennis ball.

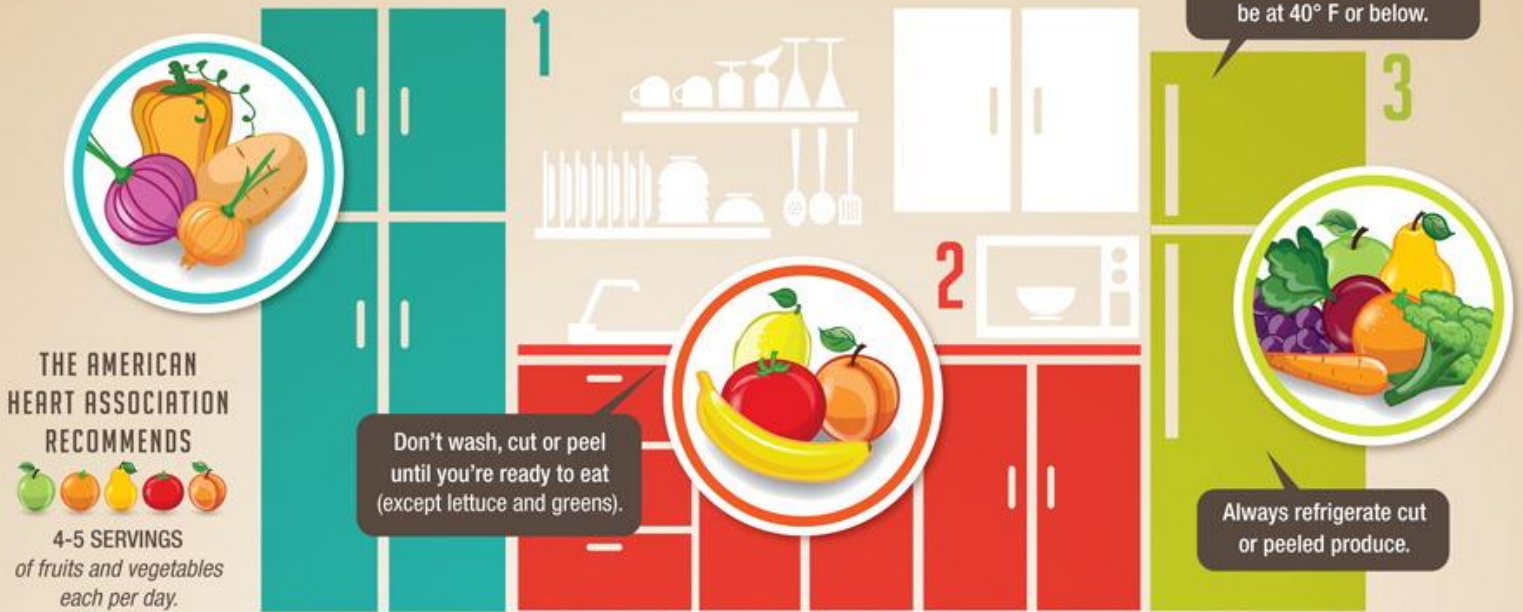
DON'T add a lot of sauce or dips. Avoid high-calorie dips such as peanut butter, caramel, or ranch. Limit the amount you eat to a few tablespoons.

DO consider preparation. Steaming or grilling is better than frying or sautéing. Be aware that when you boil vegetables, it leaches out key nutrients.

Get Fresh WITH FRUITS & VEGETABLES



Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



THE AMERICAN
HEART ASSOCIATION
RECOMMENDS

4-5 SERVINGS
of fruits and vegetables
each per day.

PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS
HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS
WATERMELON

COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and
grapefruit loose or in a mesh bag.
Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches
and plums in a paper bag, then move to the
fridge where they'll last a few more days.

TOMATOES

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

REFRIGERATOR

Store in plastic bags with holes, in your produce
drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep
loose in the crisper drawer.

**BERRIES, CHERRIES &
GRAPES**

Keep dry in covered
containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT

& PEPPERS

Store on the upper shelf,
which is the warmer part of
the fridge.

FRESH HERBS

Except basil. Keep stems
moist and wrap loosely in
plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap
loosely in a dishtowel or
paper towels and place in a
plastic bag in vegetable
drawer. Keep stems moist.

MELONS

MUSHROOMS

Keep dry and unwashed in
store container or paper bag.

PEAS

**ZUCCHINI & SUMMER/
YELLOW SQUASH**

Make a **RAINBOW** at the Salad Bar

RED

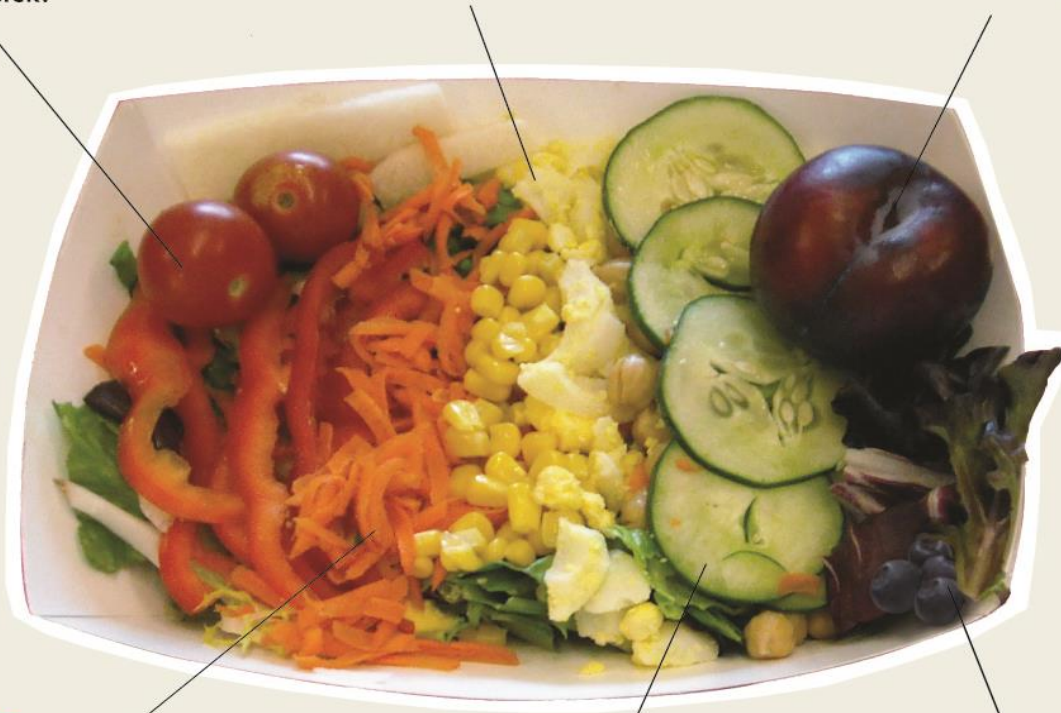
Lycopene and anthocyanins! The delicious variety of red fruits and veggies can prevent cancer and help keep you from getting sick.

YELLOW

Eat yellow for antioxidants and an abundance of Vitamin C. Eating yellow also helps to maintain healthy skin and strengthens bones and teeth.

PURPLE

Purple colored fruits and veggies can help reduce your risk of getting a number of life-threatening diseases.



ORANGE

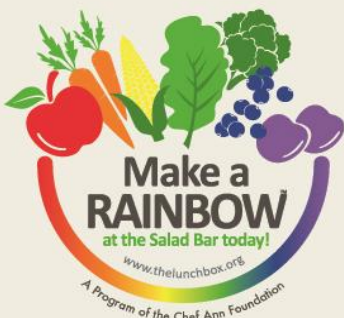
Lots of antioxidants! Vitamin C and beta carotene (vitamin A) galore. Fight off those colds and help out your eyes.

GREEN

So many veggies are green! Lots to choose from and lots of nutrients to gain. Eat dark leafy greens for your heart and eat broccoli and zucchini for reducing your chance of getting cancer.

BLUE

Blueberries. The magical fruit that helps improve your memory and aid in brain function.



Want a more colorful diet?

Here's how to get one!

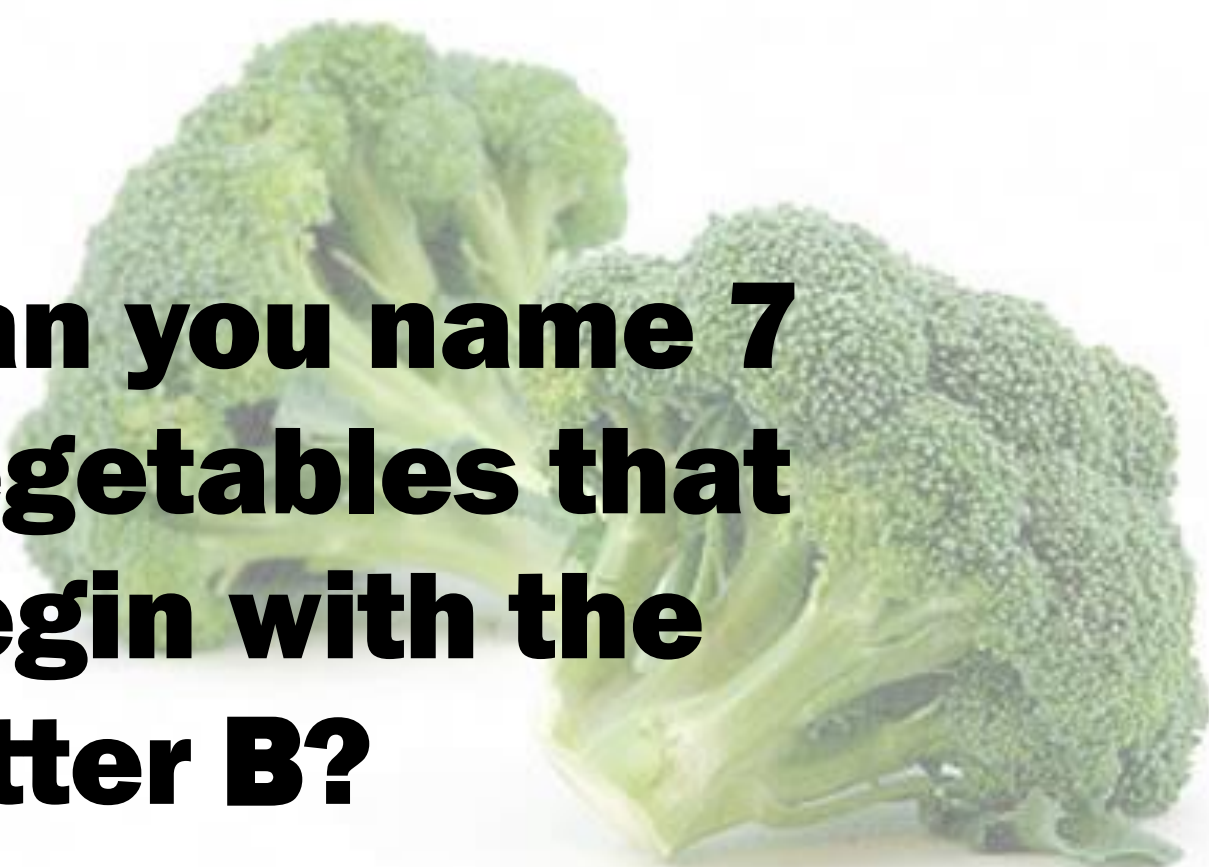
Load your sandwiches with arugula, spinach, red onion, cucumbers, avocado, bell peppers or olives!

For soup, salad, pasta, pizza or casserole recipes, double the amount of vegetables to double the flavor and nutrition!


Add berries, dried fruit or fresh fruit slices into your yogurt, cereal or oatmeal for a more colorful breakfast!

Skip the bread and use a lettuce wrap for your next burger or sandwich!

Don't skip dessert! Fresh fruit can be a wonderful substitute for sugary snacks!

Two heads of fresh broccoli are shown against a white background. The broccoli is green with a dense, bumpy texture.

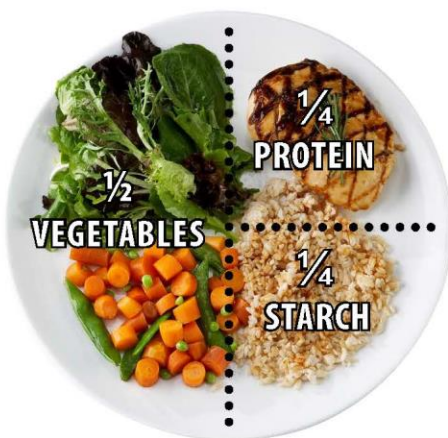
**Can you name 7
vegetables that
begin with the
letter B?**

Three ripe strawberries are shown against a white background. They are red with green leafy tops and small white seeds.

**Can you name
6 types of
berries?**

WebMD Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp
= golf ball



1 tbsp = poker chip



1 slice of bread
= cassette tape



3 oz chicken or meat
= deck of cards



3 oz fish
= checkbook



1 oz lunch meat
= compact disc



3 oz muffin or biscuit
= hockey puck



1 1/2 oz cheese
= 3 dice



GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- 1/2 cup of cooked rice = lightbulb
- 1/2 cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs



FRUITS & VEGETABLES

- 1 medium fruit = baseball
- 1/2 cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse



MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 23 almonds
- 1/4 cup pistachios = 24 pistachios



DAIRY & CHEESE

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = lightbulb
- 1/2 cup ice cream = lightbulb



FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip



SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips



DIETARY GUIDELINES FOR AMERICANS 2015-2020



The Guidelines



- 1. Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

FINISHING THE PROGRAM

Take final measurements to see if/how attitudes and behaviors have changed since the beginning of the program.

Final Email Template



Wellness champion(s) emails survey to employees as soon as the initiative ends, preferably within 48 hours of completion.

To: All Employees
From: Wellness Champion(s)
Subject:

<Hello Greeting>!

The Eat the Rainbow initiative is finishing up and we would like for you to take a quick **three-question survey**. *This information will remain anonymous and your answers will not impact you in any way ...* answers will help us to determine the overall program success. Thank you.
Find the survey here: <Insert Hyperlink>

<Standard Closing>

Post-Program Survey Questions

Question 1: After the challenge, do you, on most days, eat the recommended 5-9 servings of fruits and vegetables? Yes/No

Question 2: After the challenge, have you tried a new fruit or vegetable for the first time in the past month? Yes/No

Changes for Next Time

The wellness committee or wellness champion(s) need to review survey responses, discuss observations made throughout the program and other feedback to determine what can be changed for next time.

Reporting Success

Create a detailed report about the program and its success to send to upper management. Contact the Wellness Council of Indiana Helpline at (317) 264-2168 for guidance.