Healthy Okaloosa Family Challenge
Eat Healthy
Week June 8-21, 2015

HOW THE CHALLENGE WORKS

Focus on the goals that are listed over the course of two weeks. You can earn points by participating in the suggested activities. The amount of points that you can earn is listed next to the activity. Over the course of two weeks, choose activities that will earn you up to 10 points. We encourage you to do more, but for this challenge, you will only need to complete the activities below that total up 10 points. The maximum number of points you can earn is 10.

Eat Healthy Challenge Activities

- Go to the farmers market and try out some fresh fruit **(1 point)**
- Take child(ren) to the grocery store and try out a new fruit or Vegetable **(1 point)**
- Make a meal that has all of the five food groups from Myplate **(1 point)**
- When you go out to eat choose a smaller size or share your meal **(1 point)**
- Make a meal without meat, use a vegetable **(1 point)**
- Purchase and eat whole grains instead of enriched flour foods **(1 point)**
- Attend a grocery store tour to receive a Walmart gift card **(3 points)** (Dates listed on the front page of the website)
- Go to the Destin Library between 12:30pm-2:00pm on June 10th and sign in with the Department of Healthy-Okaloosa School Health team **(3 points- All Ages)**
- Go to the Valparaiso Library between 10:00am-11:30am on June 12 and sign in with the Department of Healthy-Okaloosa School Health team **(3 points Middle School Only)**
- Read a nutrition label to find out how much fat, calories, and sodium that is in your food. **(1point)**
- Track how many fruits and vegetables you eat in a day. **(1 point)**
- Go to the store and find out the serving size for a 7.2 oz. baby Goldfish Baked Snack Cracker **(1 point)**
- Make a healthy snack or dessert with your child **(1 point)**

DON'T FORGET TO SUBMIT YOUR SURVEY ON OR BEFORE JUNE 28TH

Activity	Date Completed	Points Received