

MAKE VEGOUT! PART OF YOUR WORKSITE WELLNESS

Inspire everyone to join you in the 2015 VegOut! Challenge

Our **VegOut! 30 Ways in 30 Days Challenge** each March encourages folks nationwide to embrace healthier living by increasing their consumption of fresh vegetables – 30 different veggies within 30 days, to be exact.



There are several ways you can use the VegOut! Challenge as part of your worksite wellness program to inspire your colleagues to maintain a healthier diet. It is a great team building exercise with benefits that outlive the challenge. Join the fun!

4 SIMPLE STEPS

1. **PLAN YOUR TEAM** Pick a leader--it could be you, the CEO or multiple department heads, each having their own team. Then create a catchy **TEAM NAME**.
2. **REGISTER** yourself and/or Team Captain(s) to take the challenge now at www.vegoutwithrfs.org. Identify as the Team Leader when at registration and designate your team name. One Team Leader per Team. After registration, you can update your personal profile and create a Group Page for your Team. From there, you can invite your colleagues to join you in the challenge.
3. **PROMOTE** Display VegOut! logos on your websites and email signatures; place posters in prominent employee break areas; generate a regular messaging campaign with suggestions, recipes, and interdepartmental contests with your own rewards; host events like veggie potluck lunches, cooking classes, recipe contests and veggie tastings. Take advantage of the tools we provide, like reproduceable recipe cards, signs, posters and badges.
4. **SHARE** your Team progress, photos and stories and your VegOut! challenge all month long throughout your company's blog and social media sites. **Don't forget to use the hashtag #VegOut2015**

To recognize your efforts to establish a healthier workplace, we will feature your Team's efforts and accomplishments on the VegOut! website and social media sites throughout March as well as in our continued media outreach through the year. Plus, in April, as a thank you for participating, and to celebrate your awesome work, we will reward the Leader who assembles the largest worksite VegOut! Team of challenge finishers with a **Worksite Team Leader Grand Prize**. **Good Luck!**

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VEGGIES! 30 WAYS IN 30 DAYS
TAKE THE CHALLENGE!

www.VegOutWithRFS.org