



healthy
LUNCH
club

SIGN UP
by October 1



EHAWELLNESS.ORG

EHA WELLNESS WORKS

HEALTHY LUNCH CLUB

SIGN UP
«by Oct. 1»

Eating a healthy lunch is an important part of each day and can power you up for a productive afternoon. If you're tired of hitting that mid-afternoon slump and need some help packing or buying a healthy lunch, we've got you covered with the Healthy Lunch Club! Once you register, you'll receive a new Bento Box to pack your healthy lunch in each day—it will also help you keep your snack items fresh until you are ready to eat.

Each day in October, you'll receive an email with information on eating a healthy lunch along with a health tip and a daily healthy recipe. You'll learn how to choose foods to fuel you and not slow you down during the day.

Register today at www.ehawellness.org!

CHALLENGE GUIDELINES - OCTOBER 2017

- Eat at least one serving of fruit and one serving of vegetables for lunch.
- Determine the caloric content of a serving of food consumed during the day.



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