



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov



Make better food choices.

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1	2	3	4	5	6	7
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29	30	31				

Holiday
Floating Holiday

In 2020, participate in THE THREE every day by doing the following:

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting March 20th.
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at wellnys.goer.ny.gov/.
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



March WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

- MAR 1** The March Monthly Challenge is to make better food choices. Register for the Monthly Challenge at wellnys.goer.ny.gov
- 2** Ask yourself: What am I planning to eat today? Can I make better choices? Take a minute to think about your choices. You may change your selections.
- 3** Exchange snack ideas with your wellness accountability partner. What do they like to have as a healthy snack? They may have a go-to snack idea that you've never tried.
- 4** Ask yourself: "Why am I making this choice?" Is it because you are hungry, bored, sad, craving this food, or is it simply mealtime? Your feelings can influence what and when you eat. Being aware of why you eat can help you make better choices.
- 5** Can I choose smaller portions today? This is a great question to ask at every meal. If you usually eat two slices of pizza, could one be satisfying? Or, if you typically choose a medium size ice cream cone, choose a small one.
- 6** Make a better choice today by using a smaller plate or bowl. Use a coffee cup instead of a bowl for cereal, a dessert plate instead of a dinner plate for dinner. A small but full plate of food can feel satisfying.
- 7** Start or continue to use a food journal. Track what you eat, how much, and at what times of the day you eat. A food journal can help you be aware of the foods you eat regularly and whether they are the healthiest options.
- 8** Commit to making more meals at home. It's easy to make an unhealthy impulsive choice from a restaurant menu. Making meals at home requires more thought and can be healthier.
- 9** Go meatless this Monday! It's a great way to have more variety in your meals and incorporate more vegetables. To learn more and find recipes, meatlessmonday.com.
- 10** If you normally choose rice or potatoes, try riced or mashed cauliflower instead to sneak in an extra serving of veggies.

- 11** Check in with your wellness accountability partner to see if they have learned anything about their eating habits. Share something you have learned about your eating habits.
- 12** When you go grocery shopping, study your cart before you check out. Is there anything you can put back? Sometimes we make spontaneous unhealthy decisions, especially when we are hungry.
- 13** Learn something new today about eating healthy. Check out choosemyplate.gov. This website provides video recipes which make it easy to eat healthy meals.
- 14** If Saturday is your day to grocery shop, make a separate list for your workplace breakfast items and healthy snacks. Try granola bars, yogurt, instant oatmeal, or fruit.
- 15** Research a new recipe today. Choose a main ingredient you enjoy but haven't eaten in a while.
- 16** Ask yourself: How will I feel after eating? When you think about this beforehand, you may realize certain foods give you heartburn, indigestion, or an unpleasant feeling and you may decide to skip them.
- 17** This is Saint Patrick's Day. Choose to eat mostly cabbage and carrots, a moderate amount of potatoes, and a little of the corned beef.
- 18** Today, instead of eating something out of the bag or container, pour a portion in a small bowl. It may sound simple, but you'll be less likely to overeat if you portion it out.
- 19** To learn more about making healthier food choices, go to 10 Tips: Make Better Food Choices at: choosemyplate.gov/ten-tips-make-better-food-choices.

GO BEYOND THE CHALLENGE

- 20** Today, make a commitment to use a food journal for the rest of March. Write down what you eat and drink, and at what time.
- 21** Instead of saying, "I'm going to eat better today," be focused, and make a specific goal such as eating half of my sandwich today, or that you will plan a menu for every meal.
- 22** Are you a member of the clean plate club? If you said yes, make it a habit to always leave one bite of food on your plate. This may prevent you from going for seconds.
- 23** Ask your wellness accountability partner to go out for a healthy lunch. Choose a restaurant that offers healthy choices so you know in advance you can eat healthy.
- 24** Do you eat fast? Are you always the first one to be done when eating with family or friends? Try saying this to yourself: "Slow down!" Make it a goal to be the last to finish.
- 25** Try at least one new healthy recipe per week starting today.
- 26** Looking for a healthy popcorn? Instead of butter, try squeezing lemon or lime juice on the popcorn.
- 27** Start a new habit. Have your salad dressing on the side even if you make your own salad. Dip your fork into your salad dressing rather than pouring it on. You'll consume less dressing.
- 28** What fruits and vegetables are on your grocery list this week? Write down how you intend to use them. For example, the lettuce will be used in a salad and the green beans will be steamed for dinner tonight. Having a plan can help you eat healthier.
- 29** A healthy first step to eating better is to reduce your sugar intake. Start first by looking at the sugary foods you eat, then see if you can substitute a healthier option.
- 30** Nuts are a great snack to keep in a bag or in your car. A handful of nuts can stabilize your hunger.
- 31** Today is the last day of March. Go to the WellNYS Everyday website at wellnys.goer.ny.gov and check off the days you participated in the Monthly Challenge.

Number of days completed