



What is Food Month?

Food Month is a 4-week program (**August 19th-September 13th**) that encourages participants to focus on the four initiatives of the Food and Agriculture Organization of the United Nations (FAO). The Four Initiatives are: #1. Don't Waste Food, #2. Produce More, With Less, #3. Adopt a More Healthy & Sustainable Diet, and #4. Advocate for #ZEROHUNGER. Each Monday morning at 9am you be emailed a new newsletter with educational material, information, and challenges to earn 50 Healthy Lifestyles points! **Registration for Food Month begins August 1st and closes August 14th.**

How Does the Program Work?

Each week for 4-weeks, we ask participants to engage in activities to create a healthier county for each of the four initiatives. You may choose to do however many challenges you'd like each week as long as you meet the required 18 total challenges by the end of the program, September 13th. For example, if you do not participate one week, you can make up challenges the following week. As long as you complete 18 out of the 24 challenges AND complete the FINAL survey, you will earn the 50 points! Six challenges for each initiative will be included in every newsletter for you to choose from. A tracker will also be provided for you to keep track of your completed food challenges! Yay!

Why the Four Initiatives?

The four initiatives of the FAO focus on creating a healthier nation. Food Month encourages participants to not only create a healthier community for future generations but also create a healthier YOU! For more information on the goals of the FAO visit <http://www.fao.org/world-food-day>

How Do I Get Points?

You can earn 50 Healthy Lifestyle points for completing 18 out of the 24 total challenges. In order to receive points, you **MUST** also fill out the final survey at the end of the program. You can also earn 25 additional points for attending **FOOD DAY on August 21st** from 11am-1pm in the North Atrium in the Government Center.

How Do I Keep Track of What I'm Doing?

A tracker will be emailed to you when the program begins on August 19th. It will also be linked at the top of every newsletter. This tracker will be for your personal use only and will not be turned in. All you need to do is remember to keep track of the challenges you did each week and check them off the tracker!

Will There Be an Event I Need to Attend?

There will be ONE event you can attend for an additional 25 Healthy Lifestyles Points. Food Day will be hosted **August 21st** in the North Atrium in the Government Center from 11am-1pm. Come enjoy snacks, games, and become an educated consumer!

Who Can Participate?

Any Healthy Lifestyles participant (SLCo employees and spouses/adult designees) can participate in the Food Month program to receive points. If you are not a Healthy Lifestyles participant, you are still welcome to participate and are still eligible for prizes, just not points.

How Do I Get More Information on This Program?

Please email us at healthylifestyles@slco.org for more information or have questions.