



Food Label Activity

Focus Area: Healthy Eating

Objective: To increase knowledge about reading food labels. This will help promote healthier eating choices.

Length of Challenge: One week (length of time is flexible)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Food Label Activity Sheet (fillable PDF and/or printable)
- Variety of packaged foods from different food groups (either at home or in the office)
- Prizes (optional)

Directions:

- Find a variety of food labels in your home and/or in the office.
- Using the activity sheet as a guide, score each food to see how healthy it is.

Regional/Satellite Offices & AWS Employees: This activity can be hosted across regional/satellite offices and/or with AWS employees.



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[/workingforahealthiertn](https://www.instagram.com/workingforahealthiertn)



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Updated 4/11/2023



Getting Started:

1. Decide what date(s) your Food Label Activity will run.
2. Establish a sign-up period (for example, one week) before the activity start date. [*Sign-up period is optional.*]
3. Determine how participants submit their Activity Sheets and how/if winners will be rewarded.
 - *Remember: Activity rewards do not have to be tangible. Announcing the Food Label Activity winner(s) in an email, newsletter and/or flyer are all great ways to give recognition!*
4. Announce the activity to employees! (This can be done via email, newsletter, department intranet and/or flyers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the activity
 - Dates of when the activity will begin and end
 - Instructions on how to participate in the Food Label Activity
 - Details about how to submit their Activity Sheets and how/if winner(s) will be rewarded.

Note: Don't forget to bcc participants if contacting them via email.
6. Print or attach the Food Label Activity Sheet via email. Distribute it to all participants.
7. Send participants a friendly email. Remind them to engage in the activity and to have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See Sample Emails below.)
8. As the activity comes to an end, send a reminder to participants to submit their Food Label Activity Sheet. Announce the winner(s)!

