

WELLNESS COUNCIL WEBINAR

April 2022



/WFHTN



@WFHTN



@WorkingForAHealthierTN



/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Quarterly Activity List

Guest Speaker

Walking with WFHTN

Wellness Council Spotlight

What's New?!

Upcoming Schedule

Sharing

Quarterly Activity List

Friendly Reminders

Fiscal Year 2022




July 2021 – June 2022

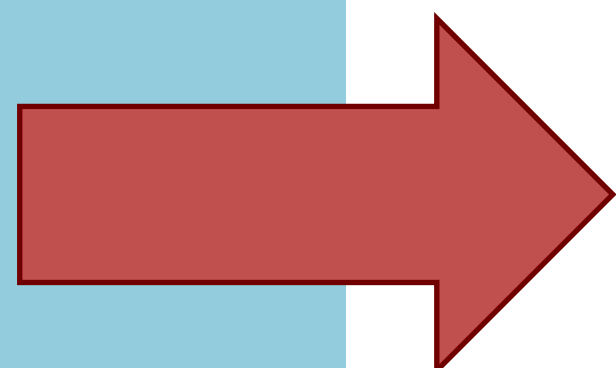


Q1	Q2	Q3	Q4
July Aug Sept	Oct Nov Dec	Jan Feb March	April May June

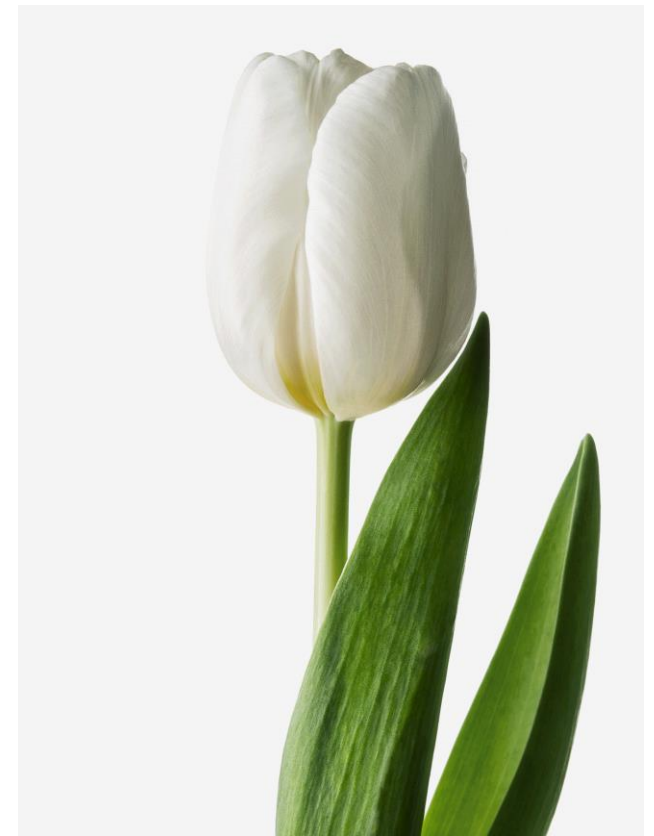
April 2022 Suggestions To Achieve GOLD Level Status

ACHIEVEMENT LEVEL GOALS

<u>Level</u>	<u>Communicate</u>	<u>Engage</u>	<u>Inspire Change</u>	<u>Focus Areas</u> (WC, PA, HE, WB)
 GOLD	1 activity	1 activity	1 activity	4
 SILVER	1 activity	1 activity	1 activity	3
 BRONZE	1 activity	1 activity	1 activity	2



April Suggestions



Stress Awareness Month:

- [Stress Awareness Month Handout](#)
- Share these [Yoga Video Resources](#)
- Learn to laugh during [Humor Month \(April\) Handout](#)
- [Get the Best of Stress](#) (webinar) – Thursday, April 14 from 11:30 a.m. - 12:30 p.m. CT
- [Increase Your Health Care IQ](#) #4Mind4Body webinar – Wednesday, April 6 from 11:30 a.m. - 12:30 p.m. CT
- **[Earth Day](#) (Friday, April 22)
- **[Spring 5K Series](#) (*Physical Activity, Inspire Change*)

Nominate Now!



- **Do you think your Wellness Council is award-worthy?**
- You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year.
- Submit your nominations [HERE](#).

GUEST SPEAKER



Ashley Cabrera

Creative Services Coordinator

TDEC Office of Policy & Sustainable Practices



Department of
**Environment &
Conservation**



Reducing Food Waste in Your Home

Get Food Smart TN



Get Food Smart TN seeks to promote using food wisely and enhance the sustainability of Tennessee's food resources.

Get Food Smart TN



Formally launched in April 2018

Get Food Smart TN has 3 components:

- Education and outreach
- Recognition
- Technical assistance

Outside of these functions, staff working in the food waste space are also working to advance capacity of the state to address food waste, through legislation, partnerships, and granting programs.

Recognition Program

- Organization must satisfy at least 5 of up to 30 criteria under their category.
- The four categories are:
 - Schools
 - Restaurants
 - Government Entities and Non-Profit Organizations
 - Grocers, Industry, and Agriculture



getfoodsmarttn.com

FOOD WASTE AWARENESS WEEK



JOIN US FOR A WEEK FULL OF VIRTUAL ENGAGEMENT AND EDUCATIONAL OPPORTUNITIES, STATE-WIDE FOOD DRIVES, AND REGIONAL EVENTS FEATURING FOOD WASTE AWARENESS ACTIVITIES SUCH AS LOCALLY-MADE UPCYCLED BREAD BEER, LIVE FOOD WASTE COOKING DEMOS, LOCAL RESOURCES AND REPRESENTATIVES, AND MORE!



Food Waste Awareness Week

- Tennessee's Inaugural Food Waste Awareness Week will be April 4-9, 2022.
- It will be a statewide event in which we have daily virtual engagement and educational opportunities for the week ending with several in-person events across the state on Saturday April 9th. The events will feature food waste awareness educational activities such as local breweries using discarded bread for a custom brew, local chefs to host live food waste cooking demos, food drive donations at each event location, plus local resources and representatives from each area.
- You can follow along with #endfoodwastetn

Statewide Food Drive | Food Bank Challenge

- During Food Waste Awareness Week, we will be hosting a statewide food drive in partnership with the UT Ag Extension Agency. You can find a location near you during this week (April 4-9th) on this [**MAP**](#).
- During FWAW, Florida and South Carolina are also hosting their own food waste weeks. We are collaborating with representatives from the states to do an Interstate Food Bank Competition.
- This will be virtual and hosted on Feeding Florida's website. The Food Bank that raises the most money will receive \$5,000. [**Learn More**](#).

Brewery Events

- April 9th will conclude the week with events across the state.
- We are working with a few breweries across the state who will use excess bread from local bakeries in a specialty craft beer.
- Events in Memphis, Nashville, Chattanooga, and Knoxville

BREAD TO TAP EVENT

END FOOD WASTE

A family-friendly event featuring live chef cooking demos, a statewide food drive, local resources, and a specialty craft brew.

APRIL 9, 2022

12-4 pm



95%

of food waste goes to
landfills or incinerators

Why It's Important

- Consumer-facing businesses and homes represent over 80% of all food waste.
- Families in the U.S. throw out approximately 25 percent of the food and beverages that they buy, which translates into an estimated \$1,350 to \$2,275 wasted annually for a family of four.
- From making better use of leftovers to learning how to minimize spoilage by properly storing refrigerated and perishable foods, consumers have a direct hand in reducing waste in and outside the home.

Food Waste Reduction Tips

Planning beforehand can reduce your waste throughout the week.

- Plan your meals for the week before you go shopping and only buy what you need
- Include quantities on your grocery list
- Check your refrigerator and pantry when making your grocery list to avoid buying items you already have

Eating out?

- Order only what you can finish at restaurants, or plan to take home leftovers for a future meal.

Leftovers are your friend!

Food Waste Hierarchy



Weekly Meal Planning

- Shop your kitchen first and see where you can repurpose leftovers.
- Be realistic about how many meals you will eat in.
- Include quantities on your grocery list to avoid buying more than what you need.



Meal Plan for Week of: June 2nd

GROCERY LIST

SUN Spaghetti (already have pasta)

MON Fish Tacos (have tortillas)
w/ black beans & corn

TUE Dinner @ Mom's house

WED Baked Chicken
w/ asp
w/ Couscous & Sautéed mushrooms

THU Beef Stroganoff

FRI Leftovers

SAT Henry & Alaina's Wedding

- Fruit (2 kinds)
- Asparagus
- Corn (2)
- Mushrooms
- Avocados (4)
- Pasta Sauce
- Black beans (1 can)
- Bread
- Couscous (1 box)
- Egg noodles
- Beef tips (2 lbs)
- Tilapia
- Chicken tenderloins
- Cheese (shredded)
- Milk
- Yogurt
- Orange Juice
- Sour Cream (8oz.)
- Cream Cheese
- Eggs (1 dozen)



Visit us at GetFoodSmartTN.org

Storage Tips

Storing your produce at the right place and at the right temperature can reduce the chance of waste.

- Freeze, preserve, or can surplus fruits and vegetables
- Store bananas, apples, and tomatoes by themselves
- Store fruits and vegetables in separate bins
- Store fruits and vegetables as they are in the store. (i.e. tomatoes in a basket, broccoli in the fridge)
- When unpacking groceries, move older products to the front of the fridge, freezer, or pantry, and put new products in the back. This is the First In, First Out plan.



Prep Tips

Planning out the week can save time and reduce the chance of having to throw food away.

- Freeze items such as bread, meat, and sliced fruit until you are ready to eat them
- Cut your time in half by preparing and freezing meals ahead of time
- Don't neglect the broccoli stalks and stems

Food-product Dating Tips

- “Best if Used By/Before” – indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- “Sell-By” – date that tells the store how long to display the product for sale for inventory management. It is not a safety date.
- “Use-By” – date that is recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.
- Learn more: [Understanding Food Date Labels](#)

Donate Food

- Through federal and state food donor liability protections, you are legally protected to donate food, except in the case of gross negligence.
- Ways to help:
 1. Donate your time volunteering at a local food bank or pantry.
 2. Donate food items to your nearest food bank or pantry.
 3. Donate money to your local food bank or pantry. Every \$1 donated provides an average of 4 meals.
 4. Volunteer to glean food from farms with the Society of St. Andrew - Tennessee Gleaning Network. This food is delivered to local food banks, pantry, soup kitchens, and other non-profits across the state.

Composting

- Compost is organic material that can be added to soil to help plants grow.
- Food scraps and yard waste currently make up 20 to 30 percent of what we throw away, but they could be composted instead.
- Making compost keeps these materials out of landfills where they take up space and release methane, a potent greenhouse gas.
- TDEC's Division of Solid Waste Management has some great guidance and tips on composting in your own backyard:
<https://www.tn.gov/environment/program-areas/sw-mm-organics/sw-mm-residential-composting.html>

What is one thing you plan to start doing after today to reduce food waste?

Questions?



Contact Information

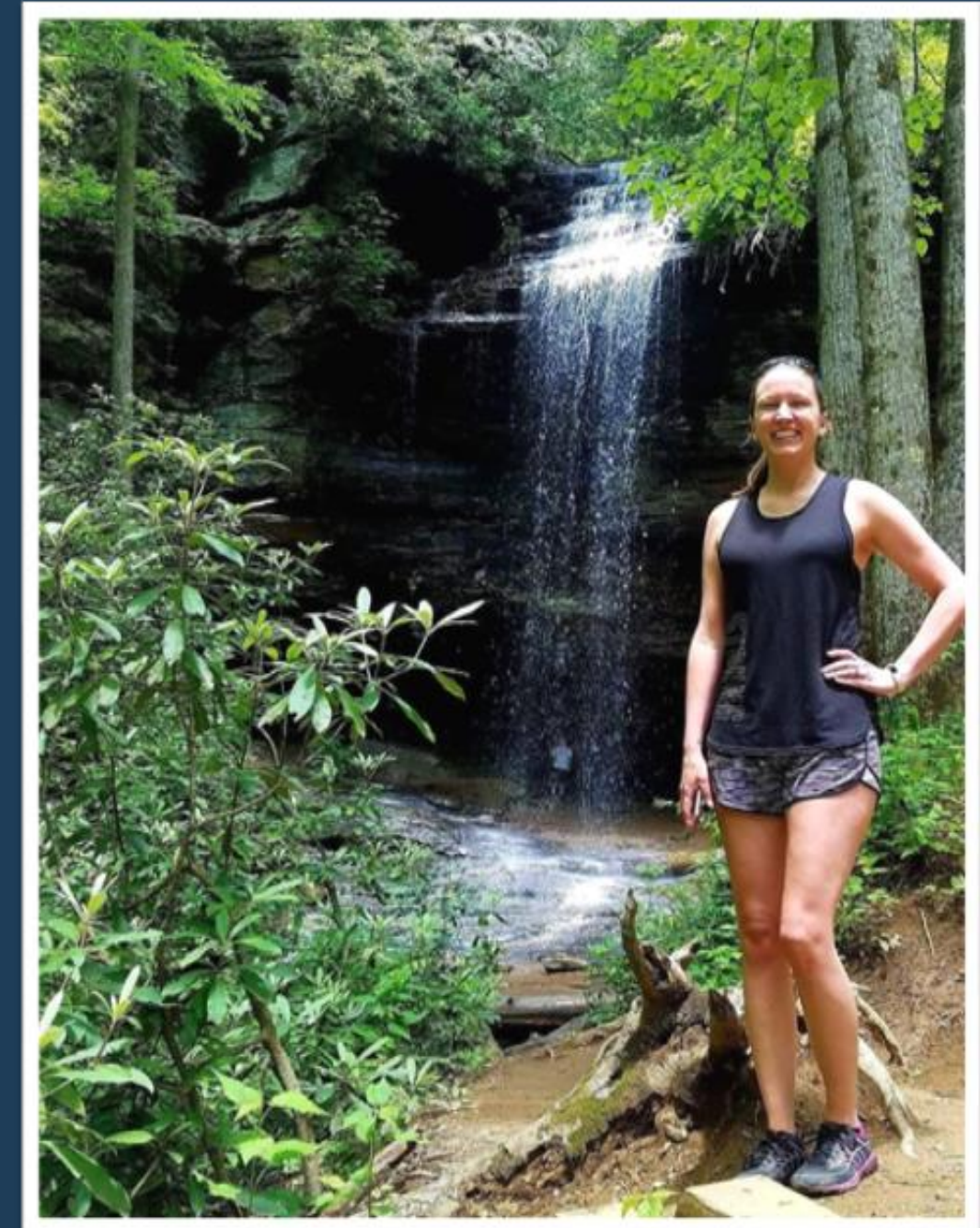
Questions/Comments/Compliments

Ashley Cabrera

ashley.cabrera2@tn.gov

615-837-5063/615-636-9318

WALKING WITH WFHTN



with Kayla Livesay
*Assistant Director of Population Health &
Licensed Athletic Trainer*

Virtual Spring 5K Series

Resources Available:

- [Choosing the Right Shoes](#)
- Free Walking/Running Tracking Apps
- Stretches for Walking
- Couch to 5K Training Program
- www.tn.gov/wfhtn/wellness-events.html



WORKING FOR A HEALTHIER TN

SPRING 5K SERIES

Celebrate spring with WFHTN. Join our virtual 5K series to get or stay active!

- **APRIL 1-30: WILDFLOWER WALK/RUN**
- **MAY 1-31: MAY THE COURSE BE WITH YOU**
- **JUNE 1-30: JUNE BUG DASH**

Race when you want, where you want and how you want!

Compete against yourself or others.

Beginners, experienced runners and walkers are welcome.

Access all our race resources at www.tn.gov/wfhtn/wellness-events.html

The graphic features a light blue background with a white cloud in the top left containing the WFHTN logo, a yellow sun in the top right, and a row of colorful flowers (pink, red, yellow) at the bottom. The text is centered and uses a mix of bold and regular fonts.

Walking “Mis-steps”

Tips to Avoid Common “Mis-steps”

- Stretching
- Finding the right shoes
- Walking posture
- Talk test
- Setting a goal

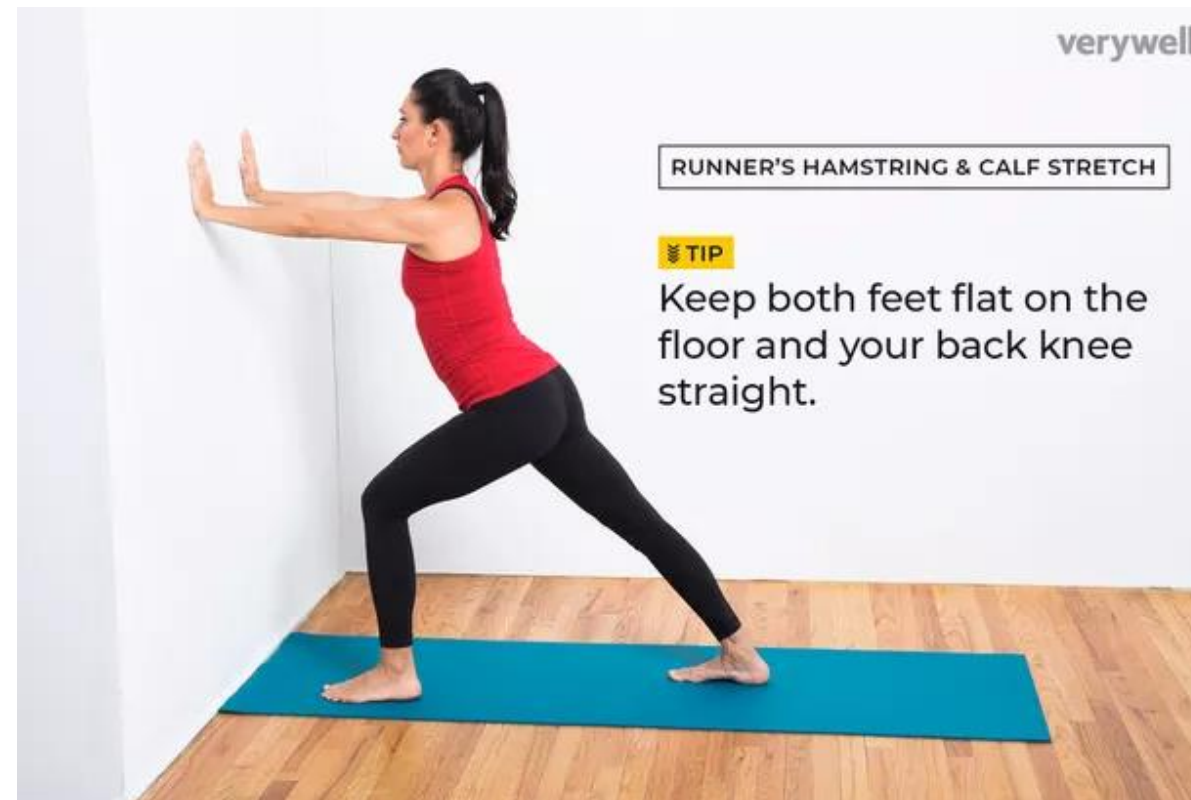
Stretches for Walking



Quad stretch



Hamstring stretch



Calf stretch



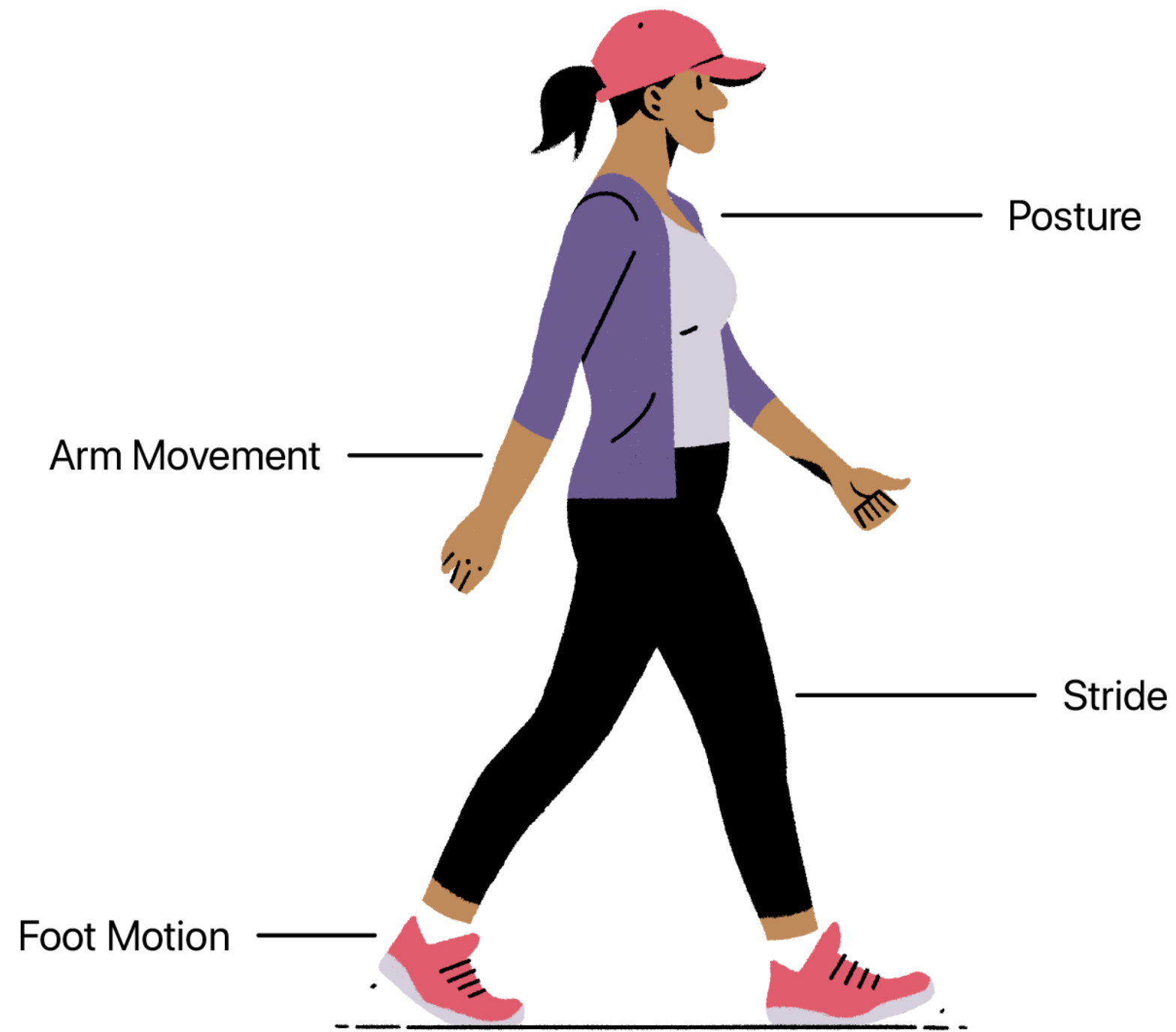
Piriformis stretch

Finding the Right Shoes

- Have your feet sized in the store
- Foot shape or arch height are not good indicators
- Your gait and foot motion are very different when you walk and run
- Purchase new shoes for every 350 miles

Think you can walk the walk?

Proper form can improve your pace and reduce your risk of injury.



Talk Test for Intensity

- **Low intensity**
 - Can talk without trouble
- **Moderate intensity**
 - Can talk, but not sing
- **High intensity**
 - Can only say a few words before pausing for a breath

Setting a Goal

- **Measure baseline steps**
 - Weekdays and weekend
 - Add 500 steps to daily goal each week
- 2,000 steps = 1 mile

What's New?!

***NEW* Wellness Events Page**

tn.gov/wfhtn/wellness-events.html

The screenshot shows the website's header with the logo and a search bar. A navigation menu includes links for About Us, Success Stories, Activities & Challenges, Resources, Wellness Council Dashboard, Forms, Achievement Levels, and Newsroom. A red banner for COVID-19 information is present. The main content area features a sidebar with a menu for 'Working for a Healthier Tennessee' and a main section titled 'Wellness Events' with a list of links: WELLNESS CALENDAR, ACTIVITIES, WEBINARS, WORKOUTS, and WEBEX TIPS.

WORKING FOR A HEALTHIER TN

Go to TN.gov

Search Working for a Healthier Tennessee

Home About Us Success Stories Activities & Challenges Resources Wellness Council Dashboard Forms Achievement Levels Newsroom

COVID-19 INFORMATION

Working for a Healthier Tennessee

- About Us
- Events
- Success Stories
- Activities & Challenges
- Resources
- Wellness Council Dashboard
- Forms
- Annual Celebration

Wellness Events

- > WELLNESS CALENDAR
- > ACTIVITIES
- > WEBINARS
- > WORKOUTS
- > WEBEX TIPS

April Wellness Calendar & Virtual Events

SPRING INTO ACTION



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1					Join us for a Healthy Habits Scavenger Hunt from 9:30-9:45 a.m. Central. (Calendar invite)
April 4-8	Join us for our Virtual 5k Series!	Join us for a Walking Workout from 9:30-9:45 a.m. Central. (Calendar invite)	Join DHS for a 10-minute fitness break at 11 a.m. Central. (Link to join)	Enjoy the benefits of laughter.	Join us for Yoga (Core&More) from 12:15-12:45 p.m. Central. (Calendar invite)
April 11-15	Join us for Yoga with Sophia from 12-12:15 p.m. Central. (Calendar invite)	Looking for a new recipe to try? Try our Shakshuka!	Did you know you have financial wellness benefits? Learn more here.	Join the Get the Best of Stress webinar at 11:30 a.m. Central. (Register here)	Get inspired by watching Barbara's success story!
April 18-22	Get to know Wellness Coordinator Morgan!	Stressed out? Learn ways to reduce your stress.	Join us for Yoga from 12-12:15 p.m. Central. (Calendar invite)	Join DCS for a fitness break from 11-11:15 a.m. Central. (Calendar invite)	Take action to restore our Earth for Earth Day!
April 25-29	Looking for a healthier snack? Try our Asian Party Mix!	Join us for a Trivia Break from 12-12:15 p.m. Central. (Calendar invite)	Try out an at-home workout!	Stay hydrated! Be sure you're getting enough fluids by tracking your water intake.	Learn more about gardening in honor of National Garden Month.

VIRTUAL EVENTS APRIL 2022

ACTIVITIES

HEALTHY HABITS SCAVENGER HUNT

Friday, April 1 from 9:30-9:45 a.m.
[Link to join.](#) [Calendar invite.](#)

TRIVIA BREAK (WITH MORGAN)

Tuesday, April 26 from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

CHALLENGE

VIRTUAL 5K SERIES

April-June
Learn more about this challenge [HERE.](#)

WEBINAR

GET THE BEST OF STRESS

Thursday, April 14
from 11:30 a.m. - 12:30 p.m.
(Presented by Here4TN)
[Link to register.](#)

Please note: All times are listed in the Central time zone.

WORKOUTS

WALKING WORKOUT (WITH KAYLA)

Tuesday, April 5 from 9:30-9:45 a.m.
[Link to join.](#) [Calendar invite.](#)

YOGA FOR ALL (WITH SOPHIA)

Mondays from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

YOGA FOR ALL

Wednesdays from 12-12:15 p.m.
[Link to join.](#) [Calendar Invite.](#)

YOGA: CORE & MORE

Fridays from 12:15-12:45 p.m.
[Link to join.](#) [Calendar invite.](#)

DHS FITNESS BREAK

Wednesdays from 11-11:10 a.m.
[Link to join.](#)

DCS FITNESS BREAK

Thursdays from 11-11:15 a.m.
[Link to join.](#) [Calendar invite.](#)

Be Well @Work Newsletter

**First Tuesday of each month



Welcome to Be Well @Work, the new newsletter from Working for a Healthier Tennessee! Read on to learn about YOUR workplace wellness program and how to make it work for you.

In this email:

- [What is Working for a Healthier Tennessee](#)
- [What to expect each month](#)
- [Did you know?](#)
- [Your wellness options](#)
- [Upcoming virtual events](#)

What is Working for a Healthier Tennessee?

WFHTN Team Spotlight Series

www.tn.gov/wfhtn/about-us/meet-the-team.html

Team Spotlight Series



Kayla
Assistant Director
of Population
Health



Lindsey
Wellness
Coordinator



Morgan
Wellness
Coordinator



Natalie
Communications
Coordinator



Paige
Director of
Population Health

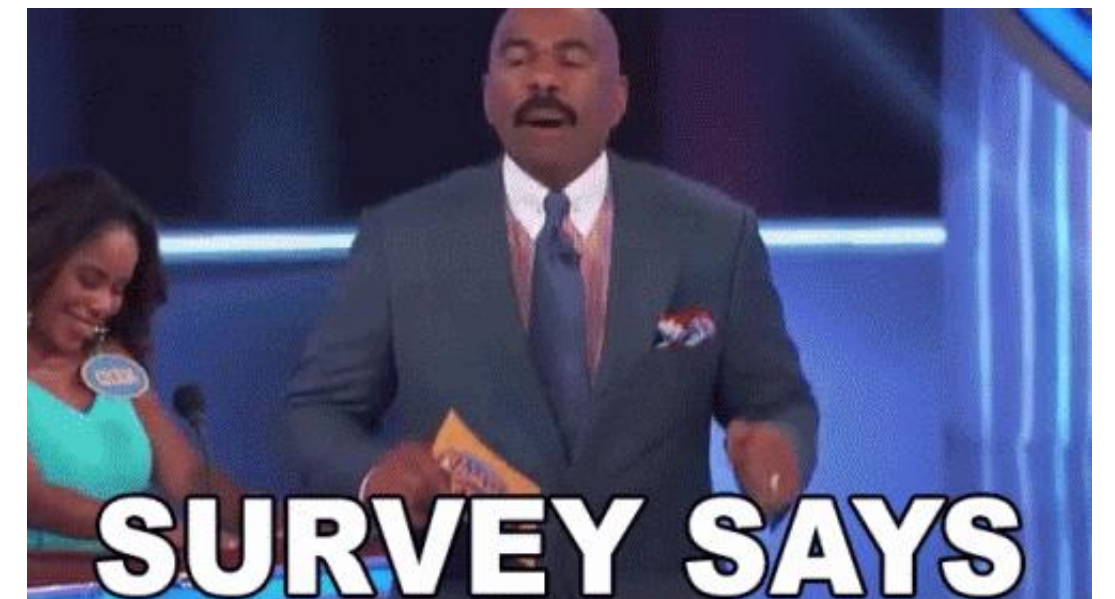
WFHTN Survey Results

What days are better for you to participate in a workplace wellness activity during your workday?

- Fridays (172)
- Tuesdays, Wednesdays, Thursdays (106)
- Mondays, Wednesdays, Fridays (102)

How long would you be willing to participate in a workplace wellness activity series?

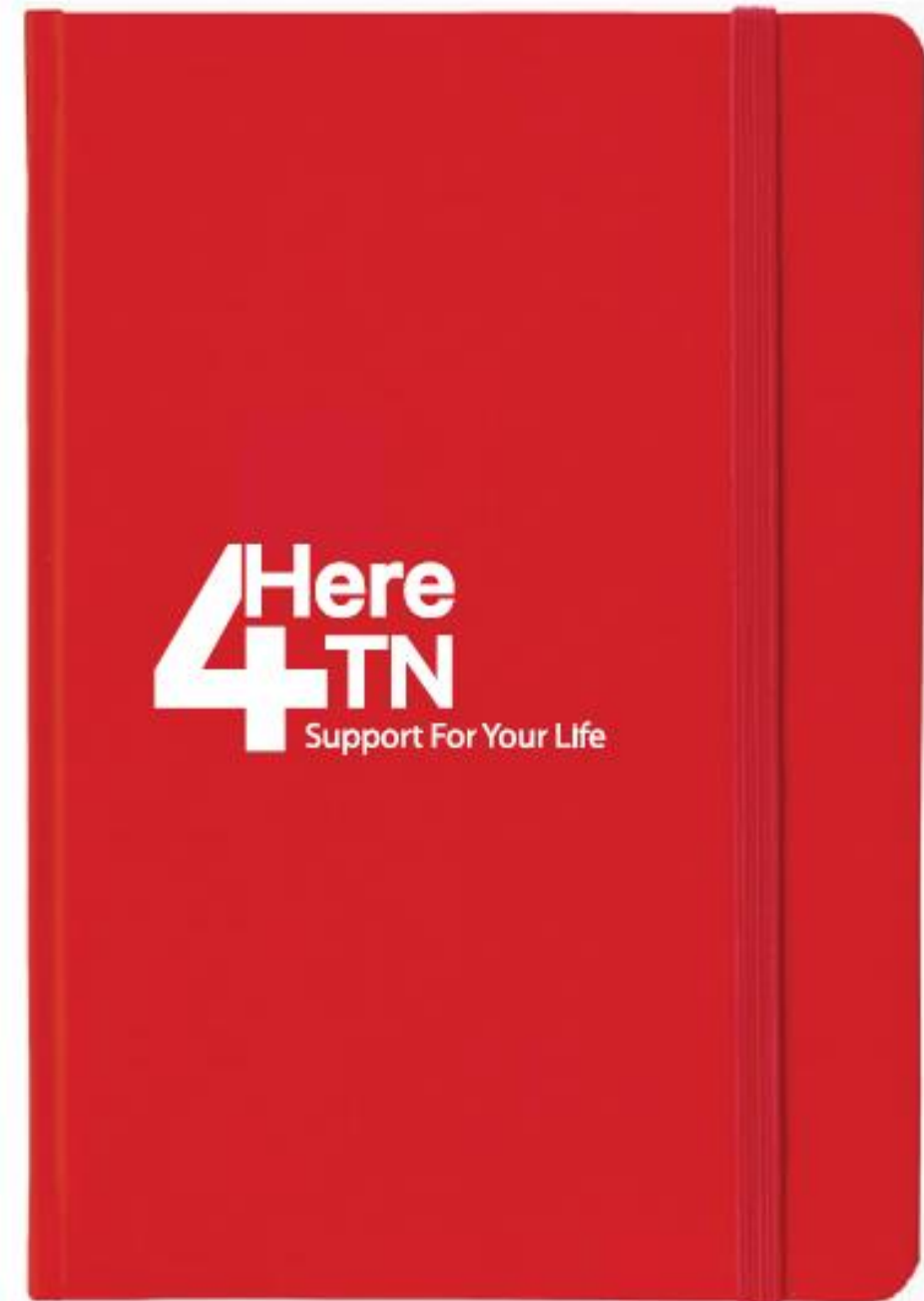
- 5+ weeks (599)
- 4 weeks (257)
- I am not interested in a series (174)



Wellness Council Spotlight

Here4TN Scavenger Hunt

Thanks to your promotional efforts, we had 293 complete the March Here4TN Scavenger Hunt!



Health: Movin' in March



Upcoming Schedule

May Wellness Council Webinar

Thursday, May 5 from 9-9:45 a.m. Central

Quarter 4 Activity List

Due Thursday, June 30

For our full virtual event list, please visit
tn.gov/wfhtn/wellness-events.html



Your Updates!



WHAT'S
GOING
ON?

Questions?





Follow Us on Social Media!



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