

# SNACK 'EX'CHANGE

## WHAT IS SNACK 'EX'CHANGE?

Snack "Ex"Change is an opportunity for employees to change their snack habits by exchanging that unhealthy snack or beverage they brought with them for a healthier option. They'll return to work re-energized and ready to take on the next task. Fruits and vegetables typically have more nutrients with fewer calories than other less-healthy food choices. "Eating a variety of colorful foods is the first step to a more vibrant, healthier life."

## ACTION PLAN:

### STEP 1

**Discuss** - Have a conversation with your employees about the importance of healthy snacking throughout the day. Introduce Snack "Ex"Change as way to take introduce healthier habits into your work day.

### STEP 2

**Plan** - Come up with ideas for snacks that can be given out such as fruits, veggie snack packs, nuts, etc. Determine the best location for the healthy snacks and which staff can assist with execution.

### STEP 3

**Schedule** - Set a date and time. Snack "Ex"Changes can be weekly, monthly and last anywhere from an hour or a full day. Remember to send a calendar invite!

### STEP 4

**Execute** - Set up your Snack "Ex"Change and have fun with it.

## CREATE AN 'EX'CHANGE CART

Meet them where they are and make it easy for them to "ex"change their snack. Each week/month a different department could operate the cart and get moving themselves while interacting with peers encouraging them to make the "ex"change.

## MOBILE 'EX'CHANGE

If you have offsite employees consider taking the show on the road and instead of the normal food trucks give them the opportunity to have a healthy snack or beverage to keep them energized.

## FIND A CENTRAL LOCATION

Where can employees easily come to "ex"change their unhealthy snacks. Keep in mind if in a location where they can encourage others to do the same on their way to or from the "ex"change.

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