

FALLING FOR FRESH FOODS

10-Day Junk-Free Challenge

This fall, we're celebrating fresh, healthy food! Try this challenge starting on Food Day and ending on National Eating Healthy Day. This challenge isn't about weight loss. It's about learning new habits that don't include junk food. Get back on track by focusing on real whole foods, and ditch the junk!

Each time you eat one of the foods listed below, give yourself one junk point. Can you keep your score at 0 for 10 days? Compete against your friends or co-workers, and the person with the lowest points at the end of the challenge wins.

Chocolate

Candy

Cookies

Cake, pastries, donuts, and muffins

White bread

Chips

Fast food

Ice Cream

Soda, sweet tea, and sugary coffee drinks



Fall back in love with food
the way it should be eaten -
fresh, local, healthy and delicious!

OCTOBER 24, 2016 – NOVEMBER 2, 2016

| | Junk Points |
|-----------------------------------|-------------|
| Monday, 10/24 Food Day | |
| Tuesday, 10/25 | |
| Wednesday, 10/26 | |
| Thursday, 10/27 | |
| Friday, 10/28 | |

| | Junk Points |
|--|-------------|
| Saturday, 10/29 | |
| Sunday, 10/30 | |
| Monday, 10/31 | |
| Tuesday, 11/1 | |
| Wednesday, 11/2 National Eating Healthy Day | |

Total Junk Points: _____

Congratulations for completing the challenge! For more tips about eating a healthy diet and living an active lifestyle, visit www.lightenuplancaster.org or follow us on Facebook.

Contact Us!

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