

About the Healthy Potluck Challenge

The Healthy Potluck Challenge is a fun and engaging way to promote healthy eating and team building in your department.

- The challenge is to make your department's potluck healthy by trying any of the six themes below.
- You choose the best format for organizing the challenge.



Why Start a Healthy Potluck Challenge?

Most working adults spend more than half their waking hours at work. It makes sense to start thinking about what we are eating as a part of the work day. Healthy eating can help us feel, work and think better.

Getting Started

Step 1: Choose one potluck theme that you would like to host in your department

- Select a date and time
- Select a location (e.g., department break room)

Step 2: Promote the challenge and recruit participants in your department

- You can email your department dates for the challenge, explain how to sign up, and who to contact
- Distribute promotional email and/or post in common areas to help with recruitment (e.g. lunch room, or water station)
- Invite team members through Outlook; be sure to include the challenge activities

We would greatly appreciate you sharing your department's participation of this challenge! Please email pictures at livingwhole@llu.edu

Components of a Healthy Dish

The dish must be based on a type of vegetable, protein, whole grain, or fruit. Here are a few examples:

Vegetables	Protein	Whole Grains	Fruit
Leafy greens	Chickpeas	Quinoa	Strawberries
Zucchini	Tofu	Brown rice	Apple
Broccoli	Lentils	Barley	Banana

Potluck Themes

International



This theme will take you around the world! Each person will bring a dish originating from a different culture.

5 Ingredients or Less



Each dish contains 5 ingredients or less. Be creative (and save some grocery money)!

Taste the Rainbow



Each person will select a color. The color each person selects will be the primary color of the dish.

Mystery Ingredient



Assign everyone a mystery ingredient. Choose a vegetable, lean protein, whole grain or fruit. Everyone brings a dish highlighting their mystery ingredient.

Salads



Have each member of the team make a favorite salad to share. Or, assign ingredients, allowing folks to create their own personalized salads.

Burrito Bowl



Each member of the team brings a component for a burrito bowl (brown rice, quinoa, tofu, sautéed veggies, lettuce, beans). Skip the tortillas!

MANY STRENGTHS. ONE MISSION.

A Seventh-day Adventist Organization



LOMA LINDA
UNIVERSITY
HEALTH