**Eat Your Colors Challenge e-mails**

**Launch email**

Hello Everyone,   
  
We are pleased to announce the next Chemfil Team Challenge – **EAT YOUR COLORS**.

This team challenge will begin on Monday Sept 26th. It is a 2-week team challenge that is based around eating colored fruits and vegetables and being awarded points for completed tasks. It’s a point race - what team will finish with the most points after two weeks? Challenge finishes on Friday, Oct 7th.

Your wellness committee members, Julie Johns, Mike Meek and Kathy Sennett will be heading up the teams. These captains will post the first team card on Monday morning. There will also be tip sheets available for you to help eat the right fruits and vegetables – according to the color!

WEEK #1 is all about eating fruit!

Who will be the most colourful team? The winning team will be rewarded with a Subway Lunch.

The poster is attached for further details. More details to follow as we launch the challenge on Monday.  
  
Thanks,

**Challenge starts**

Hello Chemfil!

Just a friendly reminder that the EAT YOUR COLORS CHALLENGE starts today!

The teams have been made and we’re all set. You will find your team card posted. It’s all about COLORED FRUIT! Choose the fruit tasks you would like to complete, complete them, and cross of that square.

Completed Lines - 10 points each [1-3 lines]

Completed - “E” 50 points

Completed - “full card” 100 points

Next Monday, the Vegetable task card will be posted.

Let the race begin……

Questions – don’t hesitate to connect with your wellness committee member [Kathy, Julie, Mike] or email us at [info@EWSNetwork.com](mailto:info@EWSNetwork.com).

Thanks for your time. Happy eating!

**Final Week email**

Good day Chemfil.

After week #1, here is the point breakdown for the EAT YOUR COLORS Team Challenge after the Fruit Week.

1st place –

2nd place –

3rd place –

This week, might be a little more challenging for some! It’s all about eating vegetables. Again, complete the tasks you want, cross off that square, and work together as a team to accumulate as many points as you can.

Completed Lines - 10 points each [1-3 lines]

Completed - “E” 50 points

Completed - “full card” 100 points

Questions – don’t hesitate to connect with your wellness committee member [Kathy, Julie, Mike] or email us at [info@EWSNetwork.com](mailto:info@EWSNetwork.com).

The challenge ends on FRIDAY!

Thanks for your time. Happy eating!

**Winner Announcement Email**

EWSNetwork would like to congratulate all teams on a fine job.

Eating colourful foods, and a variety of foods, is so beneficial for your health. We hope you continue to eat a wide variety of colourful food.

A quick tip – each lunch and supper, be sure to eat/serve 2 colors of vegetables! This will really help with accumulating servings over your day. Don’t forget about that fruit. Aim for at least 2 pieces of fruit per day!

WINNING TEAM, accumulating the most points over Weeks 1 and 2 is \_\_\_\_\_\_\_\_\_\_\_.

2nd place –

3rd place –

Thanks for your participation! Stay tuned for the next wellness initiative.