Email Blurbs for Healthy Snacking Challenge emails:

Week 1, Email 1 – Welcome to the two-week Healthy Snacking Challenge! We are so glad that you have made this commitment to yourself to make only healthy choices at snack time. To get you started, we have some great snack recipes that you can try out – enjoy!

Week 1, Email 2 – You have almost made it through your first week of the challenge and we hope you are enjoying it and that you have had a chance to try out one of the recipes from the last email. If not, we hope you will try one of the options in the attached email – just because you can only make healthy choices, doesn’t mean you have to sacrifice taste! And remember, variety is the spice of life so don’t get stuck in a snack rut!

Week 2, Email 1 – We hope you are looking forward to the final week of the challenge but we understand that some of you may be finding it more challenging than you expected. Don’t give up! Even if you’ve had a slip-up over the weekend, it’s time to get back on the horse and finish strong - read the enclosed attachment for some great tips to get you going and keep you motivated over the week ahead!

Week 2, Email 2 – Almost there! We hope you have found ways to incorporate healthy snacking into your daily life and that you’ve found some great new ideas that helped to show you how healthy snacking can be just as yummy as the unhealthy options. Even moreso, we hope that you are full of energy and finding it easier to make healthier choices than you did before the challenge. Here are some more great snack ideas to get you through the last few days of the challenge and hopefully, into lifelong healthy snacking habits! Great job!