

About the Fridge and Pantry Challenge

The Fridge and Pantry Challenge is a fun and engaging way to promote healthy eating.

- The challenge is six weeks long with a new theme each week.
- You choose the best format for organizing the challenge. People can participate on their own, as part of a team, or a mixture of both.



Why Start a Fridge and Pantry 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. Eating healthy can help us feel, work and think better.

Getting Started

Step 1: 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

Step 2: Weekly Challenge Themes

There is a different theme for each week of the challenge.

| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|----------------------------------|----------------------|------------------------------------|--------------------------------|--|---------------------------------------|
| Toss 3 things out of your pantry | Go for whole grains! | Replace pastries with fresh fruit! | Organize pantry into sections! | Put healthy food where you can see it! | Stock your freezer with healthy food! |

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

Week 1



Toss 3 things out of your pantry!
Replace foods that are high in sodium with low-sodium options. Aim for less than 140 mg of sodium per serving.

Week 2



Go for whole grains!
Replace white bread, rolls, pastas, crackers, chips, and pancake mixes with whole-grain versions.

Week 3



Replace pastries with fresh fruit!
Make it feel like a treat by placing ripened fruit (such as bananas and strawberries) on skewers and freezing them.

Week 4



Organize pantry into sections!

1. Canned goods (beans, lentils, etc.)
2. Spices & seasonings
3. Oils & vinegars
4. Baking ingredients
5. Dry goods (whole grains: pasta, rice, quinoa, etc.)

Week 5



Put healthy food where you can see it!
Keep healthy food in easily accessible places in your home, fridge and pantry.
Put some fruits in a basket and place it on the kitchen counter.

Week 6



Stock your freezer with healthy food!

1. Cooked beans
2. Cooked grains
3. Frozen vegetables
4. Frozen fruits
5. Whole grain bread

LLUH RESOURCES



Say NOW

The Say NOW (No to OverWeight) program is an innovative program that is ultimately FREE! You will receive one-on-one dietitian services, telephone coaching and educational groups.

myllu.llu.edu/livingwhole/now/



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