



Challenge:

Try New Recipes

Cooking your own meals at home is not only less expensive than eating out, it also allows you to have complete control over both what you are eating, and how it is prepared.

Sounds easy, right? Unfortunately, it's not always as easy as it sounds. It's common to end up frustrated when you feel like you don't know what to make or that you are stuck in a rut eating the same few recipes over and over again.

Our challenge this month is to break out of that rut (or the habit of eating out) and try at least one new recipe each week. It may seem a bit overwhelming at first to try new recipes. Let's face it, it is easier to throw together something you have made a hundred times. You don't have to follow a recipe and probably have a lot of the ingredients already on hand. However, trying something new can be exciting. It allows you to expand your palate as well as your cooking skills, and who knows, it may become a new favorite.

When looking for a new recipe to try look for one that is on the healthier side. That triple layer chocolate cake recipe may look great, but it isn't going to help you feel or perform better.

Not sure where to look? You can check out our list of healthy recipes found in the "Wellness" section of the Faculty and Staff Portal. If you use our new online portal, Navigate Wellbeing, you can check out the healthy recipes found under the "Resources" tab. You can also find some tasty options online on sites such as www.eatingwell.com and www.weightwatchers.com. When looking for a recipe to try look for ones that meet the following standards:

- Low in sugar
- Contain sugars from natural sources like fruit and dairy rather than added sugar
- Contain whole grains rather than processed grains such as white flour and white rice
- Are low in partially hydrogenated / trans fats
- Contain fats from healthy sources such as olive oil, avocados and nuts
- High in fiber
- Contain lean protein

While you don't need to choose recipes that contain all of the above, these are good guidelines to look for when deciding on a new recipe to try.

Your goal for the month is to try at least one new recipe each week. List the name of the dish on the calendar/challenge log and answer the following questions about the recipe:

- What did you like/not like about the recipe?
- Would you make it again?

Name _____

Harker School Wellness Program / Try New Recipes Challenge

During each week this month try at least one new healthy recipe. List the name of the recipe(s) and answer the questions. Submit completed log to HR to earn 10 wellness points. (100 points max in this category).

Month Completed: _____

Week one

What is the name of the dish/recipe you tried this week? _____

What did you like/not like about this dish? _____

_____ Would you make it again? ____ yes ____ no

Week two

What is the name of the dish/recipe you tried this week? _____

What did you like/not like about this dish? _____

_____ Would you make it again? ____ yes ____ no

Week three

What is the name of the dish/recipe you tried this week? _____

What did you like/not like about this dish? _____

_____ Would you make it again? ____ yes ____ no

Week four

What is the name of the dish/recipe you tried this week? _____

What did you like/not like about this dish? _____

_____ Would you make it again? ____ yes ____ no

Signature _____ Date _____

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness reward. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness reward.

To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.