



Engage your Employees in the “Mindful Eating Challenge”

Many of us are not very aware of how much we eat, why we are eating it and even what we are eating. But that can change!

During the six-week Mindful Eating Challenge, participants pick one goal out of a choice of three to tackle during a week. The goals vary but are based on the principal of mindfulness, that is, being aware of what, and how, we are feeding our bodies.

One week’s goal might be to stop serving meals “family style”, instead plating the food in the kitchen. Another might be to turn off the television while you eat. Each choice is presented with a clear definition, examples, a time frame and additional resources. Participants track their progress in a log.

The Challenge was developed by Washington County, inspired by Cornell University’s Brian Wansink. To learn more about the Challenge or get a copy on CD, contact:

Selena Freimark, MA

Senior Community Health Specialist
Washington County
Department of Public Health & Environment
14949 62nd Street North
P.O. Box 6
Stillwater, MN 55082
Selena.Freimark@co.washington.mn.us
Phone: 651.430.6659