



Our department will be participating in Well-U's Food as Art Wellness Challenge starting on:

Food as Art Basics

Incorporating a variety of colorful fruits and vegetables into your day protects your body from illness and disease. The high fiber and nutrition values of fruits and vegetables helps the body to function and feel its very best.

Anyone who signs up for this challenge will receive a free Well-U starter kit to help in their healthy efforts and you may even win a prize at the end! Here's how it works:

1. Reply to this email to participate and receive your starter kit.
2. Each day, consume a fruit or vegetable that matches one of the colors on your [record keeping card/color-by-number](#) and then color-in the appropriate number on the picture. Your goal is one color per day.
3. Once the challenge period is over, you'll send your completed picture to the challenge coordinator. It's that simple!
4. Prizes will be awarded and will include a variety of exciting and fun surprises!



What is considered a serving of fruit and vegetable?

One cup of any fruit or vegetable is a serving. This includes fresh, frozen, or canned items.

How do I participate?

To participate in our department's Well-U's Food as Art wellness challenge, respond to this email by _____, then start coloring once you consume that color on the start date! All University of Rochester employees can participate.

Reply to this email to let me know if you are interested in participating!

Find other support resources on the [Well-U website](#).