



September Monthly Challenge



Boost the Brown Bag

Name: _____

Join us to find out how to improve nutrition and save money, time and calories with lunches brought from home. You will learn cost-saving tips, recipes, and tasty time-saving ideas to make lunch time a healthier and more nutritious experience!

Check off each day you complete the weekly task. Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by October 11th.

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Weekly Total
Week One Pack healthy snacks to take most days of the week.								
Week Two Create a menu, shop wisely, and purchase foods needed for at least 2-3 brown bag lunches next week.								
Week Three Try a new lunch recipe to boost nutrition at least twice this week.								
Week Four Pack a lunch and eat it 4 times this week.								