

# Faculty & Staff Nutrition Challenge *Sept. 10 - Oct. 5, 2012*

**BENNINGTON COLLEGE**

Drop off completed forms  
or pick up new ones at:  
Facilities • Barn • Commons

NAME \_\_\_\_\_ (PLEASE PRINT)

DEPARTMENT \_\_\_\_\_ (PLEASE PRINT)

CONTACT INFO \_\_\_\_\_ (PLEASE PRINT)

Versatile Vegetables	WEEK ✓			
	1	2	3	4
Buy pre-cut vegetables that are easy to prepare				
Try crunchy vegetables raw or slightly steamed				
Shred carrots, peppers, zucchini, etc. into meatloaf, casseroles or muffins				
Include chopped vegetables in pasta sauce, in lasagna or on top of pizza				
Choose canned vegetables with "low sodium" or "no salt" added on the label				
Make a homemade broth-based soup with leftover vegetables				
Dress up your taco dinner with sweet peppers, cucumbers, and avocado.				
Try a veggie you haven't tried before—Google a recipe to prepare				
Visit the Bennington College farmers' market on Tuesdays at noon				
Start a small vegetable garden with your kids				

Start Your Day with Delicious Dairy	WEEK ✓			
	1	2	3	4
Switch to fat-free or 1% milk				
Try frozen yogurt with fresh fruit				
Combine lowfat cottage cheese with fruit or nuts				
Eat butter sparingly or replace with olive or other non trans fat oils				
Try plain Greek yogurt as an easy protein boost to your next smoothie				
Make dip for fruits or vegetables from low fat yogurt				
Use lowfat milk in cooking versus cream				

Wonderful Whole Grains	WEEK ✓			
	1	2	3	4
Buy pasta made with whole grains				
Make whole wheat or oatmeal muffins with your favorite fruit/nut				
Use whole grains in mixed dishes (i.e. barley in vegetable soup)				
Buy 7-grain or 9-grain, whole wheat or rye bread				
Eat whole grain baked snack chips				
Make multi-grain or buckwheat pancakes				
Try brown rice or whole wheat pasta				
Eat crackers made from whole grain flour				

Rethink your Drink	WEEK ✓			
	1	2	3	4
6 glasses of water a day (8 oz each)				
Mix Seltzer water with 100% fruit juice				
Fresh lemonade				
Low-fat chocolate milk				
Add slices of lemon, lime, cucumber or watermelon to water				
Decaf herbal teas				
Fruit smoothies with low-fat or fat-free milk				
Iced tea or green tea				

Lean Meat & Protein	WEEK ✓			
	1	2	3	4
Use 90% lean ground beef				
Have fish twice a week				
Add nuts such as almonds & walnuts to your salad				
Try lentils and/or beans with dinner				
Remove skin from chicken before baking or grilling				
Try adding high protein grains like Quinoa				
Add chick peas to salads.				
Try adding soy-based foods like Tofu, tempeh, or texturized vegetable protein to stir fries, salads and chili				
Use nut butters (peanut, almond, etc.) on toast instead of jam				

Flavorful Fruits	WEEK ✓			
	1	2	3	4
Buy fruits in season				
Try a new fruit				
Keep bowl of whole fruit on table, counter or refrigerator				
Refrigerate cut-up fruit for an easy snack				
For dessert have baked apples, pears or fruit salad				
Choose fruit canned in 100% fruit juice				
Try fruit in your next garden salad				
Add fresh fruit to your bowl of cereal				

Super Snacks	WEEK ✓			
	1	2	3	4
Fresh fruit with low-fat yogurt				
Raw vegetables - with fat-free or low-fat dressing or salsa				
Tortilla chips - baked and offered with homemade salsa				
Air popped popcorn				
Whole grain crackers with cheese or nut butters				
Hard boiled egg				
Trail mix or granola bars				
Celery with peanut butter				
Try snacks that give a mix of good carbs and protein like: • fruit with yogurt • apples and low-fat mozzarella stick				

## Rules:

1. Minimum of (3) activities of your choice, in any category, per week for all four weeks of the challenge. (Sept. 10 - Oct. 5).
2. Check off each new activity you try for weeks 1 - 2 and return one form by Sept. 24. Complete a second form for weeks 3-4 and return by Oct. 8.
3. We will have two drawings for prizes based on who sent their completed forms in by the due dates.
4. You can get additional sheets from the HR department.
5. Submit completed forms to Sharon Pinskyer in the financial aid office.
6. Encourage any and all family members to join you in your quest to increase healthy nutritional eating.