

Alberta Hospital Edmonton Rings in New Year with a Healthy Eating Challenge Success Story

To celebrate the New Year, staff at Alberta Hospital in Edmonton, were invited by their dietitians to join in a four week healthy eating challenge. Participants and teams earned points for painting their plate with vegetables and fruit, filling up on fibre, rethinking their drinks, holding the salt and other fun team activities.

Rising to the challenge

A total of 85 participants from 12 units, representing nursing, clinical recorders and food services, rose to the challenge. Dietitians at the site emailed the information to all staff and put posters, tracking sheets and weekly challenges at all nursing stations.

Dietitians presented “Lunch and Learn” sessions on the weekly themes to keep participants motivated. Attendees shared tips and ideas on healthy habits, cooking, and eating on the go, enjoyed a snack related to the theme, and encouraged each other to continue with the challenge.

The winner is...

Unit 8-2B team (STARS - Specialized Treatment Assessment & Reintegration Services) had 30 participants in the challenge and earned the most points.

In addition to each of the participants' personal weekly challenge points, the unit completed all 11 bonus point suggestions. Staff on 8-2B said it was a great team building activity. Their team leader led the challenge by printing toolkits for the staff and encouraging all to participate. The challenge also created building blocks for a healthier lifestyle. Congratulations to all participants at Alberta Hospital Edmonton for completing the Healthy Eating Challenge.



Some of the staff on Unit 8-2B pose with their winning certificate

Find the [Healthy Eating Challenge Toolkit](http://www.albertahealthservices.ca/nutrition/Page11144.aspx) here:
<http://www.albertahealthservices.ca/nutrition/Page11144.aspx>