



Healthy Eating at Work

One way to support the Healthy Eating needs of your staff this summer is having a weekly “Salad Day”.

Wondering how to organize this? Decide which day is going to be Salad Day! A Thursday or Friday works best to give participants enough time to sign up. At the beginning of the week, send out a salad recipe sign-up sheet/ingredient list. If you have more people than the number of ingredients listed, you can split up some of the items or have two bowls of salad. If you have less people than ingredients, double up! Have a large bowl set out the morning of Salad Day. You will also need tongs for mixing and serving. Everyone who signed up adds their ingredient to a bowl and once mixed, the salad is divided into containers for individuals to enjoy. It’s a simple but fun way to connect with co-workers and enjoy a homemade, nutritious lunch!

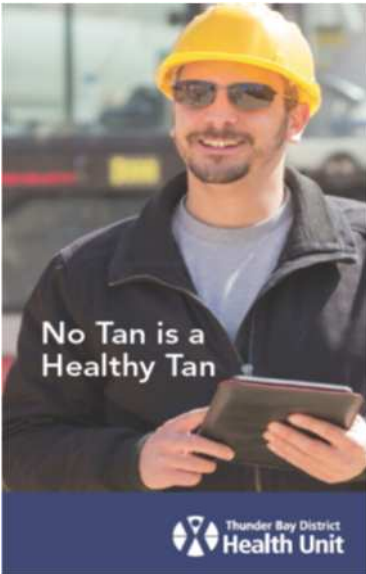


Here is a sample recipe that you and your co-workers could try out.

Superfood Salad

Add dressing ingredients into a small bowl/jar and whisk together. Add all other ingredients into a large bowl. Chill until ready to serve. Cover with dressing and toss to combine.

Ingredient and Amount	Person
2 cups dry quinoa, cooked according to package directions	
2 cups frozen edamame, cooked according to package directions	
2 bunches curly kale torn into bite-sized pieces	
2 cups dried cherries or cranberries, 1 cup sunflower seeds	
2 cups fresh blueberries, 1 cup chopped walnuts (leave nuts on side)	
2 cups red grapes, halved; 1 cup crumbled feta or goat cheese	
<u>Dressing:</u> 1 cup orange juice, ½ cup olive oil, 4 cloves minced garlic, 4 tsp sugar, 2 tsp salt, 1 tsp pepper, 1/3 cup plain Greek yogurt	



No Tan is a Healthy Tan

Outdoor workers including those working inside vehicles and/or heavy equipment as well as outdoor recreation enthusiasts can be at risk for skin damage due to exposure to ultraviolet (UV) radiation from the sun. The UV index is a great tool to remind you to take appropriate sun safety precautions against harmful UV rays and ultimately prevent skin cancer.

For more information and to check out the **daily uv index readings**, visit bit.ly/tbay_uvindex

Workplace Bocce

A great way to get outdoors this summer and have some fun! Why not organize a Bocce Ball tournament for staff at your workplace. It's easy. Teams of 2-4 players can sign up ahead of time. Even better if they come up with some creative team names, e.g. Viva la Bocce, etc. Games can be timed for a specific amount of time to ensure they can be accommodated within a lunch or break time. The "tournament" could run for weeks or all summer depending on the number of teams. Click [here](#) for on-line printable brackets that can help set up your tournament schedule. Have some friendly competition, team-building and FUN with your colleagues.

