

# 21-Day Healthy Snack Challenge



## How it Works

While most people know chips and cookies aren't healthy snacks (albeit delicious!), there's no doubt that figuring out what constitutes healthy snacking can feel daunting. This challenge gets employees looking closer at their diet and how they may be eating empty calories that aren't nutritious. It's only 21 days, too, but it's simple to repeat. Share the list of snacks below to help them find healthy snacking options with ease. Create an internal channel to share pics of delicious and healthy snacks!

## Engagement Ideas

- Raffle off a healthy snack box
- Email "Content to Snack On" to inspire
- Host a nutritionist for a [lunch and learn](#)
- Post snapshots of picture-worthy snacks
- Share recipes via email or internal channels

## Content to Snack On

- [10 Healthy Foods to Snack on During Work](#)
- [7 Healthy Snacks for Work to Supercharge Your Day](#)
- [Put Down That Candy Bar! Here are 8 Healthy Foods to Eat When Your Sugar Craving Kicks In](#)



"If you keep good food in your fridge, you will eat good food."

— Errick McAdams

# 21-Day Healthy Snack Challenge

Never sure what to snack on that's filling and healthy? This list makes it simple to try a variety of snacks that are nutritious and satisfying.

## SKIP OVER:

- Chips
- Soda
- Alcohol
- Fast food
- Added sugar
- Baked goods

## ENJOY:

- 8 glasses of water daily
- At least 2 cups of fruit
- 2-3 cups of veggies

## 21 Different Snack Ideas

- Baked tortilla chips w/homemade guacamole
- Boiled egg
- Kale chips
- String cheese
- Dried seaweed
- Fresh fruit salad
- Handful of nuts
- Baked chickpeas
- [Chia seed pudding](#)
- [No-bake energy balls](#)
- Dry roasted edamame
- Rice cake w/nut butter
- Toast w/avocado mash
- [Homemade granola bars](#)
- Apple slices w/nut butter
- Steamed edamame w/sea salt
- Greek yogurt w/protein powder
- Cottage cheese w/blueberries
- Avocado topped w/sea salt
- Cucumber topped with tuna
- Hummus and sliced veggies

