

# STAFF CHALLENGES



## Fantastic Four Challenge

Understanding [Eating Well with Canada's Food Guide](#) will help you make educated and healthy decisions when choosing foods.

When you eat the proper serving sizes of recommended foods, and follow the various tips in Canada's Food Guide, you will:

1. Meet your needs for vitamins, minerals, and other nutrients.
2. Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
3. Improve your overall health and vitality.

### Timeline:

The Fantastic Four staff challenge should last for three weeks.

### Goal:

The goal is to track your consumption of each food group to determine whether you are meeting the recommendations from Canada's Food Guide or not.

### Instructions:

1. Download the tracking.
2. Week 1: Track Milk and Alternatives & Meats and Alternatives.
3. Week 2: Track Grain Products & Vegetables and Fruits.
4. Week 3: Track all fantastic four food groups.

**Note:** If anyone on your staff has food restrictions, consider making the challenge more accessible (e.g., highlighting celiac-friendly, lactose-free, or meat-free options).