



Nutrition Counseling Services LLC

Work Snack Drawer Challenge

Purpose Statement: The purpose of this challenge is to control excess snacking at work by “cleaning up” the work snack drawer.

Challenge Steps:

- A. Take a “before” picture of your snack drawer at work.
- B. On challenge sheet, list the current snacks in the work snack drawer.
- C. Download and Review **“10 foods to keep in your desk drawer”** handout.
- D. Replace unhealthy snacks with healthy snacks.
- E. Take an “after” picture of your new healthy snack drawer.

| Unhealthy Snacks | Replaced with... |
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What changes do you need to make to your diet? _____

Return this sheet and pictures (if able) by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____