This months theme: NUTRITION

Here is how you can improve your wellness and get entered into a raffle for:
(3) $100 Amazon gift cards
(5) $20 Amazon gift cards

1 point:
- Tried a new fruit or vegetable
- Did meal prep
- Cooked a healthy meal
- Made a weekly meal plan
- Tracked daily water consumption
- Made a smoothie
- Answered the weekly wellness survey questions
- Create a nutrition goal in YOU
- Choose water over beverage with sugar
- Visited a farm stand

3 points:
- Got a meal with a classmate
- Watched a food documentary
- Started growing sprouts or something edible
- Went apple or fruit picking
- Shopped at a local farmers market

5 points:
- Cooked a meal with a classmate
- Donated to the CU Food Pantry
- Read a book about nutrition
- Submitted a healthy recipe to the CU cookbook
- Talked to a nutritionist

10 points:
- Volunteered with food related non-profit
- Attend a CU cooking class
- Attended Time to Ungrind (9/5 @ 12-1:30pm)

10 points = 1 raffle ticket entry