



# SEA Change Portland

## 3RPC Radio Update

Tune in Monday from 1-2PM where SEA Change Portland host an hour segment on SEA Change Portland activities, interview local champions, provide information, tips and tools to provide a new approach to healthy eating and active living.

### IGA Partnership

Portland IGA is passionate about providing the most fresh fruit and veg at competitive prices. To help shoppers understand the importance of eating fresh, IGA has partnered with SEA Change to display 'how to read food label' cards on food aisles. These cards help shoppers choose the most nutritious of two items, 'green' and 'amber', by checking the 'per 100 gms' section of the item's label. Of course, fruit and vegetables are 'green' items.

### 'Try for 5 Challenge'

'Try For 5 Challenge' is a challenge for the month of October. Enter individually, or get a group together and make trying for 5 serves of veg social, engaging, rewarding and fun! You'll play in a team, up to 12 Teams will play in a Game, and multiple Games will run throughout National Nutrition Week. Create your own team or sign up take the challenge individually and we'll assign you to a team.

You can also choose which teams you want to play against in a Game (For example if your workplace has multiple teams). At the end of the week the highest scoring Teams will be honored on our Pot Of Gold leader

### Shop 'n Chop model

It's called the 'Shop 'n Chop' and involves doing your food shopping, chopping up the veg in a large airtight container and cooking in bulk. Not only are meals much quicker to prepare, anyone can put the evening meal together and the veg stays crisp longer, reducing spoilage and saving fridge cleaning time.

## SEA Change Portland (Sustainable Eating & Activity Change)

A new approach to healthy eating and active living developed by the Portland community, specifically for the Portland community.

### How to play 'Try for 5 Challenge'

1. Keep track of your veg intake on the HealthChase mobile site. Play anywhere, anytime, on any device!
2. Earn points for with every serve of veg you enjoy – the more colours the better. Earn points for the team and rack up individual achievements. (There are also bonus challenges, to motivate you just that little bit more!)
3. Stay connected and motivate each other in the interactive Team Chat, or be inspired by the recipes and Photo Board.
4. Track your progress on the Live Scoreboard.

### Music Played:

- Margaret Ulrich- Escaping
- Lenny Kravits- American Woman

