

Healthy Eating on Campus Scavenger Hunt: Self-Guided Activity

EVEN IN THIS NEW, VIRTUAL SPACE THERE ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO HELP NAU STUDENTS STAY HEALTHY AND WELL. TO START, PULL UP THE NAU HEALTH PROMOTION WEBPAGE AT:

NAU.EDU/HP

NOW START EXPLORING!

1

FIND 3 HEALTHY EATING RESOURCES OR PROGRAMS THAT YOU ARE INTERESTED IN UTILIZING

These could be things you would like to utilize now, like a virtual event, something you'd like to check out on campus, like an in-person event or presentation, or an app or other tool.

2

FIND 3 HEALTHY EATING RESOURCES OR PROGRAMS TO SHARE WITH A FRIEND

These could be things that might not be especially interesting or helpful for you, but are things you think someone else could benefit from. Now share those with a fellow Lumberjack!

HINT

Don't limit your search to Health Promotion programs and resources only. Check out links found on the "[Nutrition Resources](#)" tab to find NAU resources across campus.



3

FIND 3 LOCATIONS ON CAMPUS WHERE YOU CAN EAT AT LEAST 1 SERVING OF FRUITS/VEGETABLES WITH YOUR MEALS OR SNACKS

Here, you're not looking for event, programs, or presentations that we put on, but rather dining menus and items filled with fruits or vegetables.

HINT

Check out what our friends over in Campus Dining have to say too.

nau.edu/dining



WE'D LOVE TO SEE WHAT YOU FOUND! SCREENSHOT YOUR FAVORITE FINDS OR TAKE A PICTURE OF YOUR LIST, POST IT ON INSTAGRAM AND TAG US! @NAUHEALTHPROMOTION

Check out the next page for some quick tips!

HEALTHY EATING ON CAMPUS: Quick Tips

YOU MIGHT HAVE SEEN SOME OF THESE THINGS DURING YOUR SCAVENGER HUNT BUT ICYMI, HERE ARE SOME TIPS YOU CAN USE TO MAKE SUPPORT YOUR HEALTH WITH YOUR MEAL CHOICES:

- CHOOSE FRESH FRUIT AS YOUR TRANSFER SIDE INSTEAD OF CHIPS/FRIES
 - HINT: YOU CAN ALSO ASK FOR FRESH VEGGIES AS A SIDE AT THE COUPE AND THE GREEN SCENE
- ORDER EXTRA VEGETABLES WITH YOUR SALADS, SMOOTHIES, PHO, AND BURRITOS
- OPT FOR LEANER PROTEINS (CHICKEN, TURKEY, TUNA, BEANS, HUMMUS)
- MAKE WATER OR UNSWEETENED TEA YOUR MAIN BEVERAGES
- IN THE HOT SPOT/DUB, GRAB MEALS FROM SIMPLE SERVINGS OR THE VEGETARIAN PLATFORMS
- TAKE A PIECE OF FRUIT WITH YOU AFTER YOU LEAVE THE HOT SPOT/DUB



Reflection/Action Planning

- When it comes to supporting your own nutrition, what is one thing you are doing well?
- What is one thing that you could be doing better?
- What would you gain by doing that thing?
- How confident do you feel in your ability to incorporate that thing into your life within the next 2 weeks?
- What will be your first step?

FOR MORE TIPS, VISIT NAU.EDU/HP

