

Nutrition 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 or online assessment OR something you'd like to check out on campus, like an in-person event or presentation.

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 NEW THINGS YOU CAN DO TO BUILD HEALTHY EATING HABITS

Here, you're not looking for event, programs, or presentations that we put on, but rather health facts and tips that we've included on the "resources" tabs under each topic area.

HINT

Check out what our friends over in Counseling and Medical Services have to offer too!

nau.edu/counseling
nau.edu/medical




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!

Nutrition: 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:

- AIM FOR 5 SERVINGS OF FRUITS AND VEGETABLES EACH DAY:
 - GRAB WHOLE PIECES OF FRUIT (APPLES, BANANAS) FOR A SNACK
 - WASH AND CHOP VEGGIES AS SOON AS YOU GET HOME FROM THE GROCERY STORE
 - STOCK UP ON FROZEN FRUITS AND VEGETABLES FOR EASY MEAL ADD-ONS
 - STAY HYDRATED: DRINK PLENTY OF WATER/NON-CAFFEINATED BEVERAGES
 - INCLUDE PROTEIN AND CARBOHYDRATES WITH MEALS FOR SUSTAINED ENERGY
 - EAT MEALS/SNACKS CONSISTENTLY THROUGHOUT THE DAY
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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?
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