



# TRAIL MIX TUESDAY



## The Challenge

Healthy eating reduces your risk of cancer and other chronic illnesses and can fit into even the most active lifestyles. Fruits and vegetables provide a healthy, fibre rich foundation, but it is important to ensure you are consuming high fiber foods beyond this. Trail mix can be a great source of nutritious, high fibre foods – and it's great on the go. Join your colleagues to create your ultimate mix!

## Resources Required

- Trail Mix
- Tupperware or Zip lock bags
- Labels and sharpies
- Bowls and spoons

### IMPORTANT

Ensure there are no extreme allergies (e.g. tree nut or peanut) before commencing this activity.

## Success Story

Canadian Cancer Society staff have participated in various iterations of this activity, sometimes replacing trail mix with smoothies or salads. Staff find it to be a great way to get social and energized during the workday!

## PROCESS

### 1 PROMOTE CHALLENGE

#### Email staff about challenge

Invite staff to attend Trail Mix Tuesday.

**Note:** Be sure to ask about allergies, in particular to tree nuts and peanuts.

#### Option

Make it potluck style and have employees each bring one part of the trail mix!

### 2 BUILD TRAIL MIX

#### Purchase materials

Grab a variety of trail mix ingredients in bulk.

### 3 ENJOY!

#### Label items and place in bowls

Instruct staff to grab a zip lock or reusable container and build their ultimate trail mix!

## Trail Mix Ideas

- Healthy nuts (unsalted): almonds, pistachios, cashews, peanuts, walnuts
- Seeds: pumpkin, sunflower, sesame, flax, hemp
- Dried fruit: apples, goji berries, blueberries, strawberries, apricots, raisins, banana chips, figs, pineapple chunks, mango
- Grains: pretzels, whole-grain cereals, bran flakes, granola, toasted oats, puffed rice cereal
- Sweets (use sparingly!): chocolate, yogurt chips, mini marshmallows, chocolate-covered coffee beans/nuts
- Flavour kick: sprinkle of curry, cinnamon, nutmeg or cayenne, or add wasabi peas, coconut flakes, sesame sticks, dried ginger