WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to: oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do
March 2023
Build Your Plate With Healthy Choices

MONTHLY WELLNYS DAILY TO-DO’S
April  Create and stick to a budget
May  Choose an activity you enjoy to keep fit
June Start and end your day with a positive habit
The Daily To-Do for March is the same as the name of webinar. Join us today at 12:00PM for the Wellness Webinar “Build Your Plate Around Healthy Choices.”

Go to https://oer.ny.gov/wellnys-everyday-webinars to register. A recording will be posted on the website at a future date.

Test Your Nutrition IQ - This brief (and fun!) quiz on protein will get you thinking about ways to create a healthy plate. https://kahoot.it/challenge/01122908

A healthy eating routine will have positive effects over time. Make every choice count with MyPlate. Download the Start Simple with MyPlate poster and post it on your refrigerator: https://www.myplate.gov/eat-healthy/what-is-myplate

A simple way to focus on what you’re eating is to use a food journal to write down and keep track of what you eat and drink. This is an excellent tool to use when providing information to a dietitian.

For every meal, make it a goal to have a least one fruit or vegetable or both on your plate. When planning your next meal, which one can you add to your plate?

Looking for plant-based alternatives to meat? Sign up for the Meatless Monday Newsletter at https://www.mondaycampaigns.org/meatless-monday

As you build your plate, be aware of your portion sizes. People tend to overeat because their portion sizes are too large. Use a smaller plate and measuring spoons when serving meals.

According to the 2020-2025 Dietary Guidelines, 90% of the U.S. population does not meet the recommendation for the consumption of vegetables. Are you in the 90% or the 10%? To access the Guidelines, go to https://www.dietaryguidelines.gov

Test Your Nutrition IQ - This brief (and fun!) quiz on whole grains will get you thinking about ways to create a healthy plate. https://kahoot.it/challenge/08748653

For more information on eating healthy on a budget, go to https://www.myplate.gov/eat-healthy/healthy-eating-budget

Spend time today developing a meal plan for next week. Use a piece of paper with their portion sizes are too large. Use a smaller plate and measuring spoons when serving meals.

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The monthly webinar will be on Wednesday, April 5.