



LIVE YOUR BEST YOU.

## Back to Our Roots Challenge

**A Nutrition Challenge for the IU Community  
September 20-October 11, 2021**

It's time to thrive! Back to Our Roots is a 3-week challenge to add a wide variety of plant-based foods to your meals and snacks. The goal is for participants to explore new plant-based foods and enjoy more of their old favorites.

During the challenge, participants will log the different kinds of plant-based foods they eat in their Personal Online Tracker. They'll also receive helpful nutrition tips and information from Healthy IU. Back to Our Roots is not about depriving or cutting out any foods that you currently enjoy. Just make sure you leave room for all the plants you'll be trying!

Plant-based foods include:

- Vegetables
- Fruits
- Grains
- Nuts & Seeds
- Beans & Legumes
- Herbs & Spices

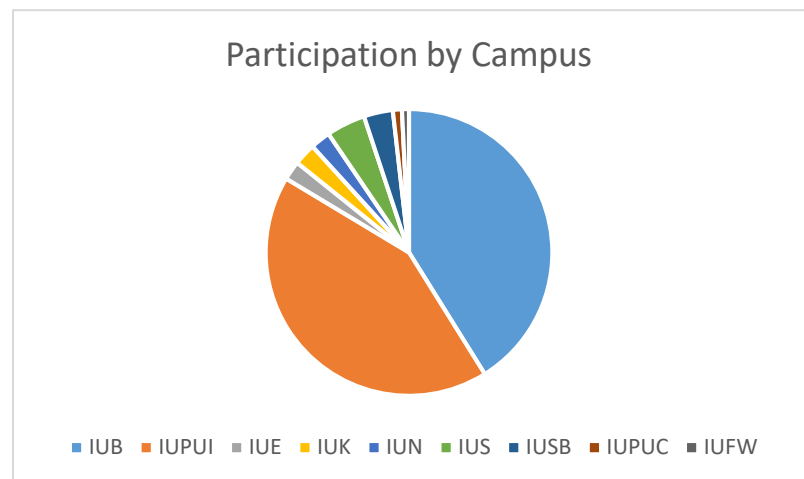
## Participation

- **Registered:** 1270
- **Participated:** 912
- **Completed Evaluation Survey:** 447

### Campus Breakdown

- IUB: 364
- IUPUI: 376
- IUE: 19
- IUK: 22
- IUN: 20
- IUS: 39
- IUSB: 29
- IUPUC: 9
- IUFW: 7

Participation by Campus

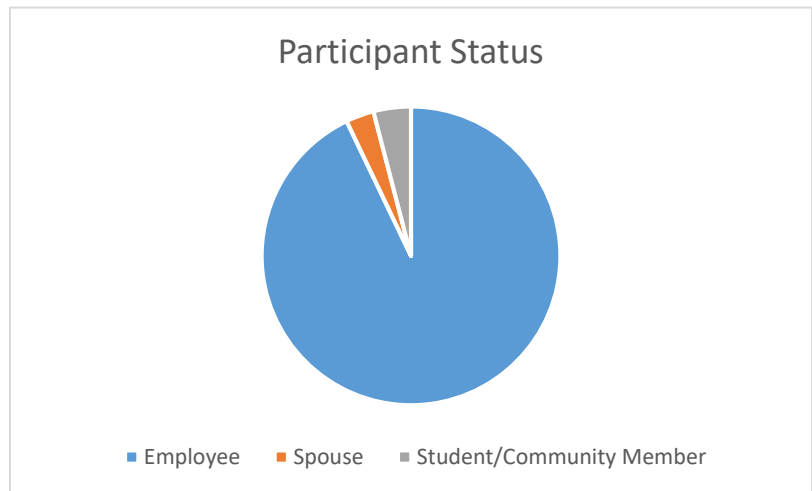


## Participant Status Breakdown

Employee: 825

Spouse: 27

Student/Community Member: 36



## Results

### Number of Plants Eaten During the Challenge (Average)

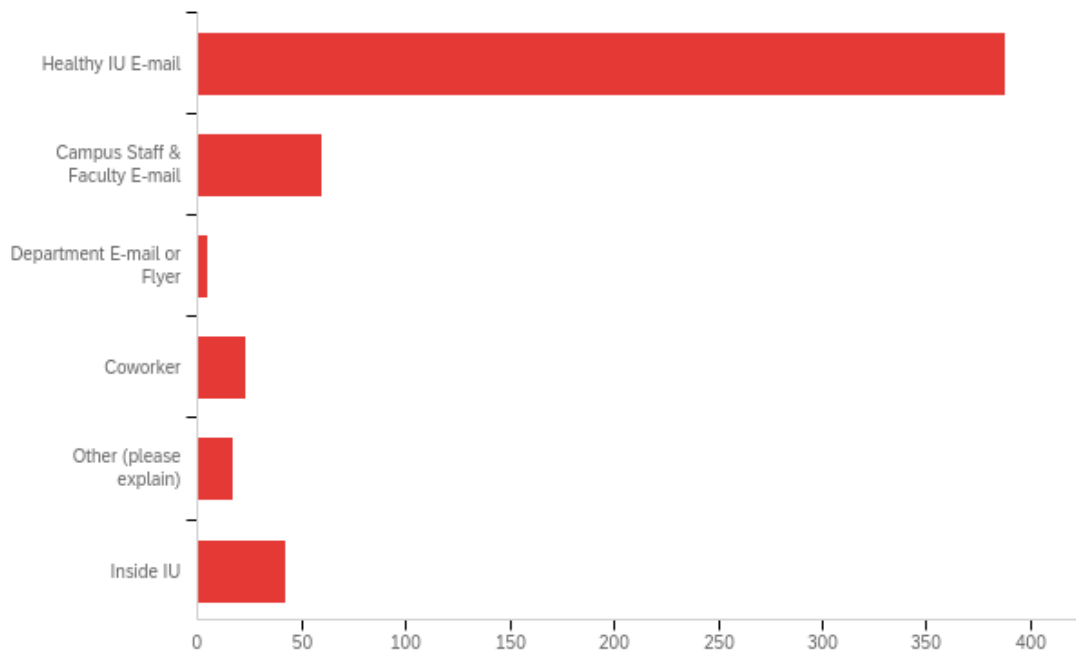
| Week 1   | Week 2   | Week 3   |
|----------|----------|----------|
| Goal: 13 | Goal: 24 | Goal: 29 |
| Ate: 23  | Ate: 27  | Ate: 34  |

## Evaluation

What is the most valuable thing you learned during the challenge?



## How did you hear about the challenge?



## Please rate the following regarding your experience during the challenge.

