

# EAT MORE WHOLEGRAINS

Now you know what the challenge is and why it is important, it's time to think about how it can be achieved. Here are some ideas for approaches you might like to use to help you put them into practice. Remember to follow advice on social distancing from the Government.

	<p><b>Setting goals and tracking progress can increase motivation to adopt healthier behaviours.</b></p> <p>Set targets as individuals, group or a family!</p> <p>Track goals with our tracker, a diary, or a fridge chart at home!</p>	<p>Challenge yourself to eat wholegrains at least once a day.</p> <p>Track your progress with a fridge chart - add a tick when you have had your daily wholegrain portion.</p>
	<p><b>Support and help from friends and family can make it easier to change habits.</b></p> <p>Complete the challenge with a friend or family member.</p> <p>Do it together!</p>	<p>Setup a virtual group for you and your friends or family.</p> <p>Post pictures of your wholegrain meals and snacks to encourage and inspire each other throughout the week.</p>
	<p><b>Making tweaks around your home to make it easier to eat well and be active.</b></p>	<p>See if you can buy only wholegrains for your meals one week and keep these at the front of the cupboard so they get used.</p>