

Healthy Plate Challenge

Participant Tracking, Selection Process & Meal Kit Distribution

Participant Selection

The Healthy Plate Challenge is an ongoing monthly nutrition and wellness initiative. Each month, **10 families** will be selected to participate.

Selection Process 1. Families complete an online registration form through Blessyn Melody Foundation Inc.'s website. 2. Registration remains open through the 25th of each month. 3. If more than 10 eligible families apply, participants will be selected through a random drawing to ensure equal opportunity. 4. Selected families receive:

- A Welcome Email
- A Participant Guide
- A Healthy Plate Point Card
- A unique Participant Access Code (Example: HPC-0726-001)

The Participant Access Code is used on every submission to accurately identify and track each family's activities.

Point Collection Process

Participants earn points by completing healthy activities during the 30-day challenge.

Activities may include:

- Preparing healthy meals
- Uploading meal photos
- Trying new recipes
- Completing Healthy Plate Bingo
- Using Hearts N Carts pantry ingredients
- Participating in nutrition education activities

Participants submit activities by:

- Uploading photos through an online form
- Emailing submissions with their Participant Access Code
- Completing digital activity forms

Each submission is reviewed by program staff before points are awarded.

Two Blessyn Melody Foundation staff members verify all submissions and update each participant's digital scorecard.

Participants receive weekly email updates showing:

- Current point total
 - Completed activities
 - Bonus opportunities
 - Encouragement and healthy nutrition tips
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Winner Selection Process

At the end of the 30-day challenge:

1. Staff review all participant submissions.
2. Points are verified using the digital tracking system.
3. The participant with the highest verified point total is selected as the **Healthy Plate Champion of the Month**.
4. The winner is notified by email and phone.
5. The winner receives a **\$50 grocery gift card** and recognition through the Healthy Plate Challenge.

If two participants finish with the same point total, the winner will be determined by:

- Highest number of completed challenge activities.
 - If still tied, a random drawing conducted by program staff.
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Healthy Meal Kit Distribution

Participating families may choose to receive a complimentary Healthy Meal Kit from the Hearts N Carts Food Pantry during the challenge.

Each meal kit may include:

- Fresh fruits and vegetables (as available)
- Whole grains
- Lean protein items (as available)
- Healthy pantry staples
- Recipe cards
- Nutrition education materials

Meal kits are available for pickup during scheduled Hearts N Carts Food Pantry distribution hours.

Families selecting a meal kit will receive pickup instructions by email or text message after registration.

Meal kit pickup is optional and does not affect participant eligibility or point totals.

Program Monitoring & Evaluation

Blessyn Melody Foundation will evaluate the program by tracking:

- Number of registered families
- Number of active participants
- Number of completed healthy meal submissions
- Total points earned
- Meal kit pickups
- Participant satisfaction surveys
- Completion rates
- Healthy eating knowledge gained through pre- and post-program questionnaires

Program results will be used to improve future Healthy Plate Challenge cycles and demonstrate measurable outcomes to funders and community partners.

Long-Term Sustainability

The Healthy Plate Challenge is designed as a recurring monthly initiative that can continue throughout the year. As additional funding and community partnerships become available, Blessyn Melody Foundation Inc. plans to expand the number of participating families, increase nutrition education opportunities, and provide additional healthy meal kits and incentives to support long-term community wellness.