



Welcome to the  
Buffalo Niagara Medical Campus

# What We Do



**BNMC**  
TRANSPORTATION

Transportation



**BNMC**  
INNOVATION COMMUNITY

Innovation & Entrepreneurship



**BNMC**  
HEALTH & WELL-BEING

Health & Well-Being



**BNMC**  
DISTRICT

District





**BNMC**  
HEALTH & WELL-BEING

**40 days to Wellness**  
**PARTICIPANT ORIENTATION**

**August 14, 2024**





# BNMC

HEALTH & WELL-BEING

**HIGHMARK**  | Blue Fund



# 40 Days to Wellness



- Recruit participants to receive meals for 6-weeks
- Participants will be screened to meet specific health criteria and willingness to change to receive the intervention.
- Screen employees and residents for BMI >25; or confirmed diagnoses of prediabetes/prehypertension; or self-rated food insecurity, self-rated high stress; live within 5-mile radius of campus
- Distribute 10 medically tailored meals per week to each participant for 6-weeks.
- Courier service to deliver the meals
- Physical and mental health metrics, quality of life indicators, and healthcare utilization will be collected among eligible participants before, during, and after the intervention.
- **1 nutrition education and food demo class each week**
  - i. Week 1 General Nutrition 100
  - ii. Week 2 Eating Healthy on a Budget
  - iii. Week 3 Healthy Eating on the Go, healthy snacking
  - iv. Week 4 Cooking Heart Healthy Meals
  - v. Week 5 Reading A Food and Nutrition Label
  - vi. Week 6 Plant Based Eating
- **1 mindfulness workshop each week**
  - i. Week 1 foundations of mindfulness
  - ii. Week 2 self-care
  - iii. Week 3 breathwork
  - iv. Week 4 meditation
  - v. Week 5 affirmations and gratitude
  - vi. Week 6 creating their own plan for sustainability and daily practice



**BNMC**

HEALTH & WELL-BEING

# The Mindful Institute



Deliver mindfulness workshops and meditation sessions

You will be provided with a weekly mindfulness workshop by The Mindful Institute (virtual). Each week will have a different topic to help you in your wellness journey.

- Week 1 foundations of mindfulness
- Week 2 self-care
- Week 3 breathwork
- Week 4 meditation
- Week 5 affirmations and gratitude
- Week 6 creating their own plan for sustainability and daily practice

Deliver Cooking classes/food demonstration workshops

Will provide you with 1 nutrition education/cooking class workshop per week. The sessions will be delivered in person (for 20 participants each week) and also delivered via Zoom for the other participants to join from your own kitchen. You will also receive the ingredients for the Cooking class each week as well.

Each week will have a different topic to help you in your wellness journey.

- Week 1 General Nutrition 100
- Week 2 Eating Healthy on a Budget
- Week 3 Healthy Eating on the Go, healthy snacking
- Week 4 Cooking Heart Healthy Meals
- Week 5 Reading A Food and Nutrition Label
- Week 6 Plant Based Eating



**BNMC**  
HEALTH & WELL-BEING

# Cooking class Menu

Week #1	Week #2	Week #3	Week #4	Week #5	Week #6
<b>Gazpacho and Kale salad</b>	<b>Cold Asian salad</b>	<b>Hummus and Apple Granola bars</b>	<b>Lentil sloppy joe's</b>	<b>Black bean tacos</b>	<b>Yellow Daal</b>



# 40 DAYS TO WELLNESS - AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5 <b>PRE SURVEYS</b>	6	7	8	9	10
11	12	13	14 <b>ORIENTATION</b>	15	16	17
18 <b>WEEK 1</b>	19 10 Meals delivered on your assigned date	20 Foundations of mindfulness 5 to 6:30pm (Virtual)	21 General Nutrition 100 @Dyouville kitchen 6 to 7:30pm (Hybrid with 20 in person) <b>Ingredient delivery</b>	22 Select Diet ID RD appointment	23	24
25 <b>WEEK 2</b>	26 10 Meals delivered on your assigned date	27 Self-care 5 to 6:30pm (Virtual)	28 Eating Healthy on a Budget @Dyouville kitchen 6 to 7:30pm (Hybrid with 20 in person) <b>Ingredient delivery</b>	29 Select Diet ID RD appointment	30	31

In Partnership With:

HIGHMARK | Blue Fund

University at Buffalo  
Department of Community Health and Health Behavior  
School of Public Health and Health Professions

QUEEN CITY COURIERS

Kaleida Health

URBAN  
Fruit & Veggies

OSTERIA 100

Diet ID™  
DIET IS A VITAL SIGN

ROSWELL PARK  
CANCER INSTITUTE

MINDFUL  
INSTITUTE

# 40 DAYS TO WELLNESS - SEPTEMBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
1 <b>WEEK 3</b>	2 10 Meals delivered on your assigned date	3 Breathwork 5 to 6:30pm (Virtual)	4 Healthy Eating on the Go, healthy snacking @Dyouville kitchen 6 to 7:30pm (Hybrid 20 in person) <b>Ingredient delivery</b>	5	6	7
8 <b>WEEK 4</b>	9 10 Meals delivered on your assigned date	10 Meditation 5 to 6:30pm (Virtual)	11 Cooking Heart Healthy Meals @Dyouville kitchen 6 to 7:30pm (Hybrid with 20 in person) <b>Ingredient delivery</b>	12	13	14
15 <b>WEEK 5</b>	16 10 Meals delivered on your assigned date	17 Affirmations and gratitude 5 to 6:30pm (Virtual)	18 Reading A Food and Nutrition Label @Dyouville kitchen 6 to 7:30pm (Hybrid with 20 in person) <b>Ingredient delivery</b>	19	20	21
22 <b>WEEK 6</b> <b>POST-SURVEYS</b>	23 10 Meals delivered on your assigned date	24 Creating their own plan for sustainability and daily practice 5 to 6:30pm (Virtual)	25 Plant Based Eating @Dyouville kitchen 6 to 7:30pm (Hybrid with 20 in person) <b>Ingredient delivery</b>	26	27	28

In Partnership With:



### BNMC 40 days to Wellness Study

DATE	ZOOM LINK FOR MINDFULNESS WORKSHOPS	DATE	ZOOM LINK FOR COOKING CLASSES
<b>Study week#1</b> August 20 <sup>th</sup> 5 to 6:30pm	<b>Foundations of Mindfulness</b> <a href="https://us02web.zoom.us/j/87092433303?pwd=ztND7kGbS3bOuZAndkDN5biBMbpjNc.1">https://us02web.zoom.us/j/87092433303?pwd=ztND7kGbS3bOuZAndkDN5biBMbpjNc.1</a>	<b>Study week#1</b> August 21 <sup>st</sup> 6 to 7:30pm	<b>General Nutrition 100</b> <a href="https://us02web.zoom.us/j/87274395095?pwd=VgW9k5j95r3HBv41JyBkTQaa2niYX7.1">https://us02web.zoom.us/j/87274395095?pwd=VgW9k5j95r3HBv41JyBkTQaa2niYX7.1</a>
<b>Study week #2</b> August 27 <sup>th</sup> 5 to 6:30pm	<b>Self-care</b> <a href="https://us02web.zoom.us/j/81673496562?pwd=kFZPsbADY9QHxXQIkOKPzWQ1z6eC93.1">https://us02web.zoom.us/j/81673496562?pwd=kFZPsbADY9QHxXQIkOKPzWQ1z6eC93.1</a>	<b>Study week #2</b> August 28 <sup>th</sup> 6 to 7:30pm	<b>Eating healthy on a budget</b> <a href="https://us02web.zoom.us/j/87347021262?pwd=FlQ1NxuKI0j2KdMeHYYYrt82nnHq5E.1">https://us02web.zoom.us/j/87347021262?pwd=FlQ1NxuKI0j2KdMeHYYYrt82nnHq5E.1</a>
<b>Study week #3</b> September 3 <sup>rd</sup> 5 to 6:30pm	<b>Breathwork</b> <a href="https://us02web.zoom.us/j/89935081924?pwd=Aw5Uxat5p8ZjTWtuDBxRb5alRbtCfD.1">https://us02web.zoom.us/j/89935081924?pwd=Aw5Uxat5p8ZjTWtuDBxRb5alRbtCfD.1</a>	<b>Study week #3</b> September 4 <sup>th</sup> 6 to 7:30pm	<b>Healthy Eating on the go</b> <a href="https://us02web.zoom.us/j/87927436274?pwd=g2quAenZezCmEadwnvl3CS1j3n4aPH.1">https://us02web.zoom.us/j/87927436274?pwd=g2quAenZezCmEadwnvl3CS1j3n4aPH.1</a>
<b>Study week #4</b> September 10 <sup>th</sup> 5 to 6:30pm	<b>Meditation</b> <a href="https://us02web.zoom.us/j/84856334222?pwd=NoJViocBUN65McJU5Pb1VwZEcnitFW.1">https://us02web.zoom.us/j/84856334222?pwd=NoJViocBUN65McJU5Pb1VwZEcnitFW.1</a>	<b>Study week #4</b> September 11 <sup>th</sup> 6 to 7:30pm	<b>Cooking Heart Healthy meals</b> <a href="https://us02web.zoom.us/j/82989288708?pwd=XkDlSl7OuPSeaB41J1lQwFuVjlp1be.1">https://us02web.zoom.us/j/82989288708?pwd=XkDlSl7OuPSeaB41J1lQwFuVjlp1be.1</a>
<b>Study week #5</b> September 17 <sup>th</sup> 5 to 6:30pm	<b>Affirmations &amp; Gratitude</b> <a href="https://us02web.zoom.us/j/88409177583?pwd=YvOzuku9ucb6b1JokiiOPvagY4hsj.1">https://us02web.zoom.us/j/88409177583?pwd=YvOzuku9ucb6b1JokiiOPvagY4hsj.1</a>	<b>Study week #5</b> September 18 <sup>th</sup> 6 to 7:30pm	<b>Reading a Food &amp; Nutrition Label</b> <a href="https://us02web.zoom.us/j/84962140762?pwd=fSCckMCTO44MbhUATIRpPbl6lrX6jM.1">https://us02web.zoom.us/j/84962140762?pwd=fSCckMCTO44MbhUATIRpPbl6lrX6jM.1</a>
<b>Study week #6</b> September 24 <sup>th</sup> 5 to 6:30pm	<b>Creating a plan for sustainability and daily practice</b> <a href="https://us02web.zoom.us/j/83695518372?pwd=6yX2ZIGpJqW6BGhUl5f4tF0EYLiw92.1">https://us02web.zoom.us/j/83695518372?pwd=6yX2ZIGpJqW6BGhUl5f4tF0EYLiw92.1</a>	<b>Study week #6</b> September 25 <sup>th</sup> 6 to 7:30pm	<b>Plant Based Eating</b> <a href="https://us02web.zoom.us/j/85896953878?pwd=JkqN4tVT6FA080bSVURMR1nn7Q6G8.1">https://us02web.zoom.us/j/85896953878?pwd=JkqN4tVT6FA080bSVURMR1nn7Q6G8.1</a>



# Diet ID



Online  
platform

You will be provided with the Diet ID subscription during this program.

Diet ID will help you with your health goals and provide health coaching from a Registered Dietitian (1 hour 1:1 session with a dietitian) to make long term changes to support you in your wellness journey.



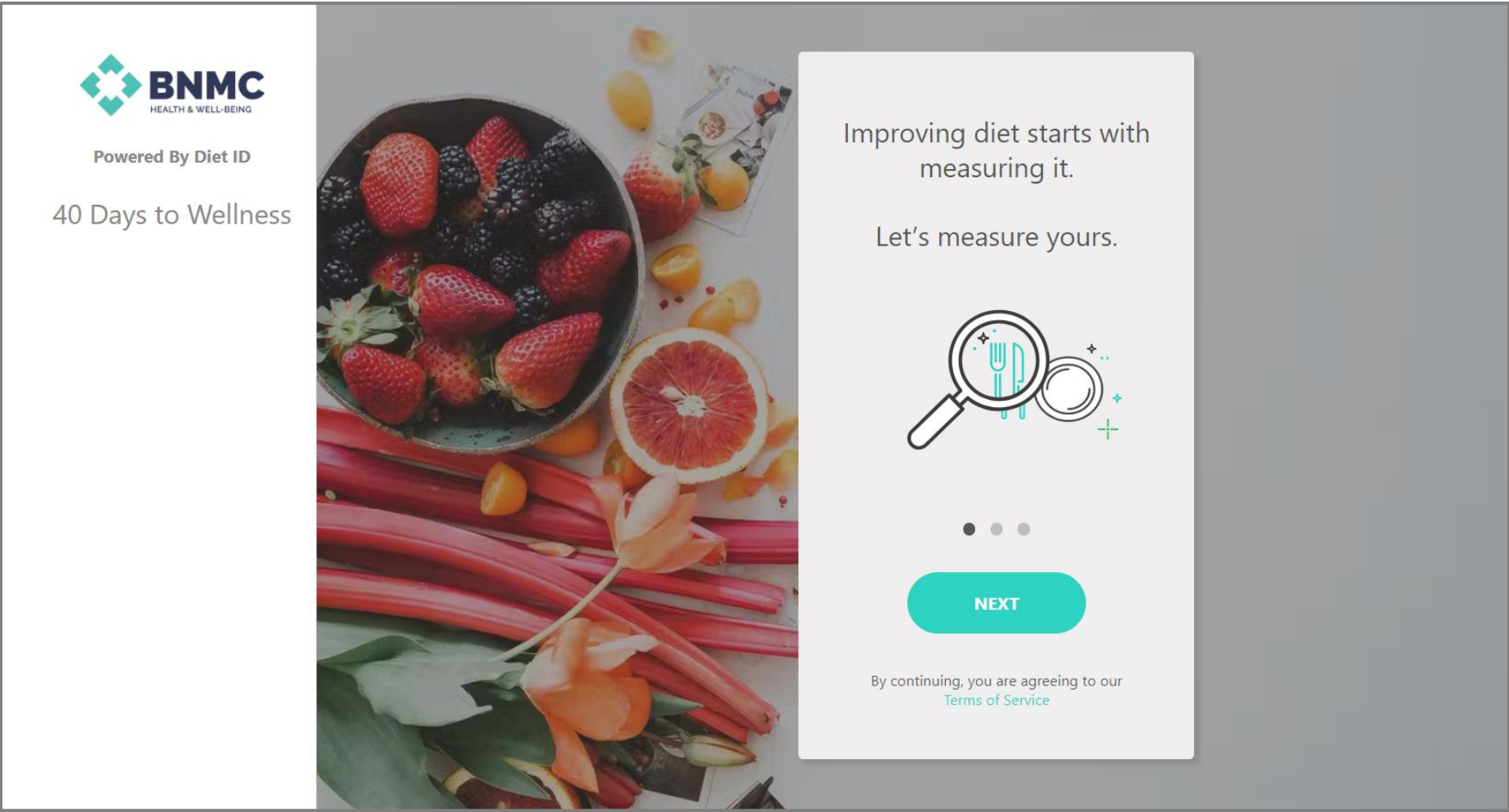
## Orientation Session

August 14, 2024

Lauren Rhee MS, RD, LDN

# Diet ID™ App

# Diet ID Assessment (1)



The onboarding screen features a background image of fresh fruits including strawberries, blackberries, raspberries, orange slices, and pink chilies. On the left, the BNMC logo is displayed with the text 'HEALTH & WELL-BEING', 'Powered By Diet ID', and '40 Days to Wellness'. The central text reads 'Improving diet starts with measuring it. Let's measure yours.' Below this is an icon of a magnifying glass over a fork and knife, with three dots underneath. A teal 'NEXT' button is positioned below the icon. At the bottom, a small line of text states 'By continuing, you are agreeing to our [Terms of Service](#)'.

**1-Site Access: Click on your individualized URL link and you will see this onboarding view. Click NEXT.**

SCREENERS ID GOALS CHALLENGES

**Do you eat...**

**Red Meat?**  
(beef, veal, pork, lamb)

Yes

Occasionally ⓘ

No

2-Respond to a few screener questions.



✓ SCREENERS

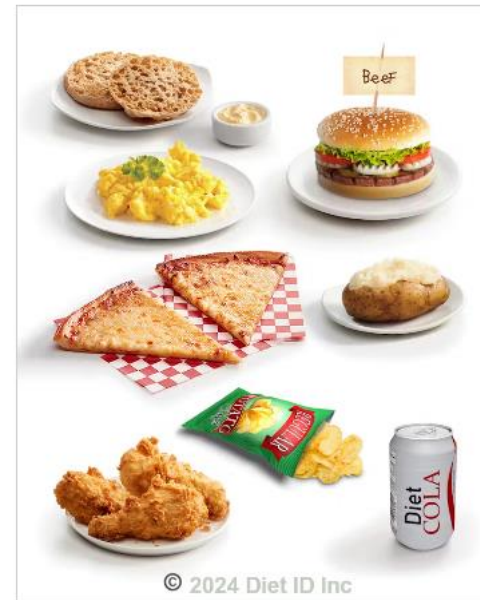
ID

GOALS

CHALLENGES

**Please consider your food intake over the past month.**

Which one of these images better represents the foods you typically eat?



**3-Choose an image that looks like how you typically eat (over the past month).**

-----  
This experience is like going to the eye doctor - don't worry about exact match. Repeat until the final selection.

✓ SCREENERS	ID	GOALS	CHALLENGES
-------------	----	-------	------------

**Personalize Your Results**

Now let's fit that diet to you

<b>Gender*</b>	Male	Female	Non Binary	
	Prefer to self-describe		Prefer not to answer	
<b>Age*</b>	00	years old	✓	
<b>Weight*</b>	000	pounds	✓	
<b>Height*</b>	--	feet	-- inches	✓
<b>Your weight is*</b>	↑ Rising	→ Constant	↓ Falling	
<b>Your normal activity level*</b>	Minimal Little to no exercise			
	Light			

4-Personalize your results.

Enter your Gender, Age, Weight, Height, Weight Status, and Physical Activity Level.

## Diet ID Goal-Setting (2)

✓ SCREENERS    ✓ ID    **GOALS**    CHALLENGES

### Find Your Ideal Diet

What are your health goals?

- Improve Heart Health
- Control Blood Pressure
- Prevent and Control Diabetes
- Improve Overall Health
- Manage Weight
- Manage High Cholesterol
- Other

**NEXT**

[Skip](#)

5-Choose your Health Goal (s).


✓ SCREENERS    ✓ ID    GOALS    CHALLENGES

### Find Your Ideal Diet

**GOALS**  
Improve  
Overall  
Health

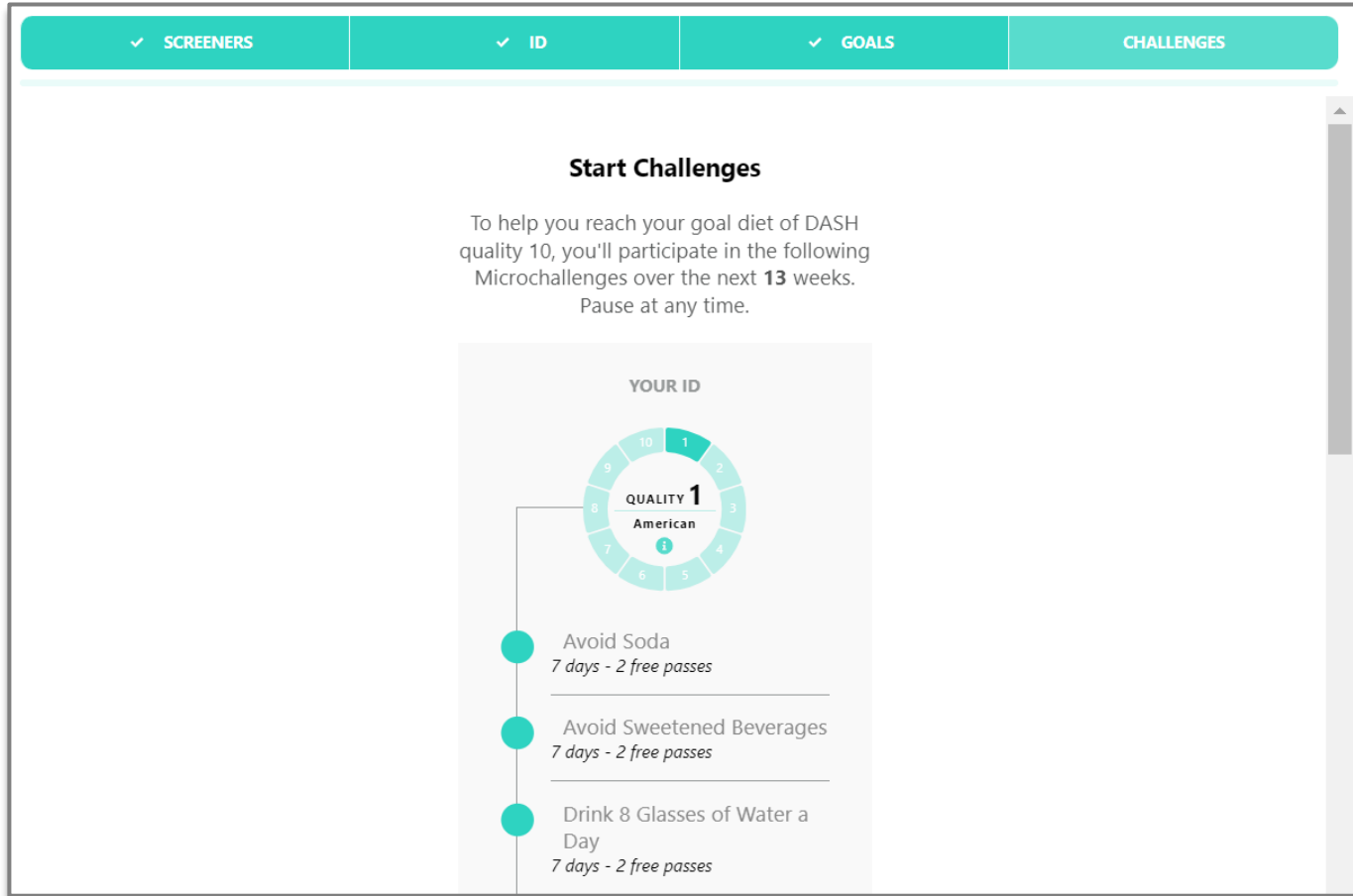
Choose one that looks like  
how you want to eat

**DASH**



The image displays a variety of healthy food items arranged on a white surface. In the top left, there is a carton of 'NON FAT Milk'. Next to it is a glass of orange juice. To the right is a slice of toast. Below the milk is a bowl of oatmeal with a slice of banana. To the right of the oatmeal is a bowl of green salad with tomatoes and cucumbers. In the center, there is a sandwich on a plate with a 'LITE BRAND' label. To the left of the sandwich is a plate of mixed vegetables. Below the sandwich is a bowl of yogurt with a 'Non Fat Yogurt' label. To the left of the yogurt is a glass of water. In the bottom left, there is a plate of vegetables with a 'Low sodium' label. In the bottom center, there is a bowl of whole grain cereal with a 'Whole grain' label.

6-Choose your Goal Diet from 2 options.



✓ SCREENERS    ✓ ID    ✓ GOALS    CHALLENGES

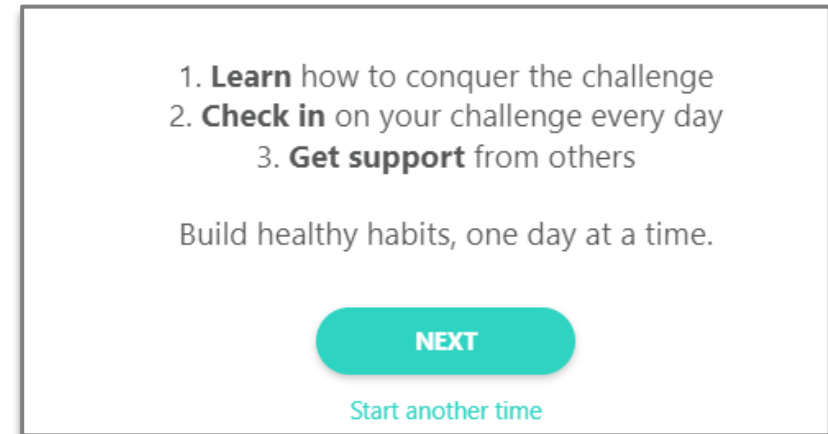
### Start Challenges

To help you reach your goal diet of DASH quality 10, you'll participate in the following Microchallenges over the next **13** weeks. Pause at any time.

**YOUR ID**

QUALITY **1**  
American

- Avoid Soda  
7 days - 2 free passes
- Avoid Sweetened Beverages  
7 days - 2 free passes
- Drink 8 Glasses of Water a Day  
7 days - 2 free passes



1. **Learn** how to conquer the challenge
2. **Check in** on your challenge every day
3. **Get support** from others

Build healthy habits, one day at a time.

**NEXT**  
Start another time

**7-At the end of the “Start Challenges” list, click NEXT.**

---

Please disregard this list. You will be enrolled in weekly Group Challenges set by your program.

✓ SCREENERS    ✓ ID    ✓ GOALS    CHALLENGES

←BACK

**Before we get started...**

Your username will be seen by fellow participants in the Buddies tab

Create a username

*Must be a minimum of 6 characters.*

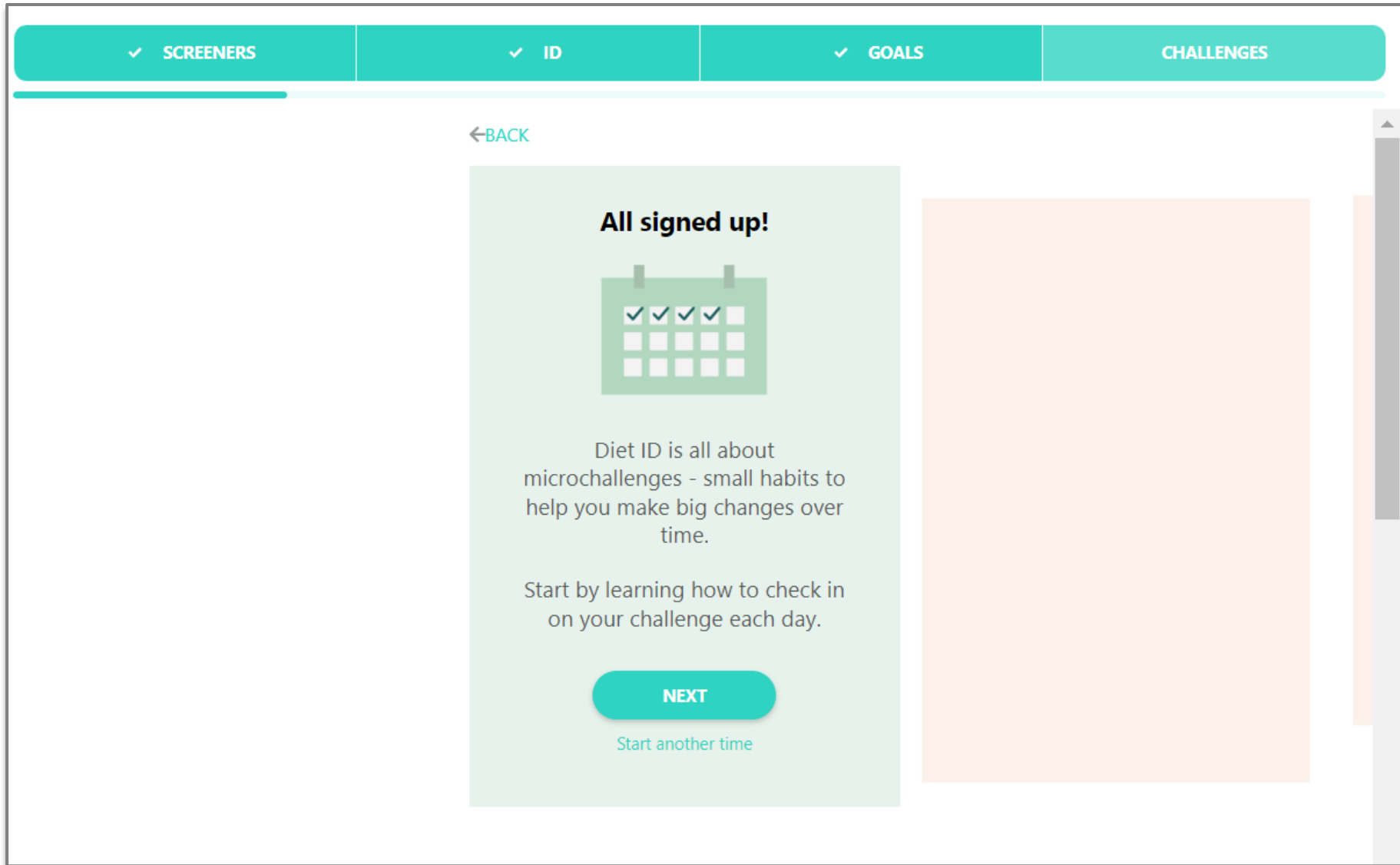
Email address

NEXT

[Start another time](#)

8-Create a non-identifying User Name (e.g. Sunset20). Enter your Email Address.

-----  
You will receive automated Challenge reminders and tips.




**9-You will see this Signed Up view.  
Proceed thru the next onboarding views about the Challenges.**

✓ SCREENERS    ✓ ID    ✓ GOALS    CHALLENGES

←BACK

**Be sure to give and receive support by checking in on Buddies.**

See who is crushing it.



**NEXT**

**We'll email you useful tips and reminders to help you stay on track.**

People are 2x as likely to succeed with our tips.

Get tips via text message

us

You can unsubscribe from these at any time.  
We won't share your phone number.

**FINISH**

10-At the end, you will have the option to enter your phone number to receive automated text messages about the Challenges. This is optional. Click FINISH.



**Dashboard**

**Assessment**

**Challenges**

**Buddies**

**Check In**

**BNMC**  
HEALTH & WELL-BEING

Powered By Diet ID

40 Days to Wellness

### Your Challenges

#### Your next challenge

Avoid Soda

7 days

2 free passes

**Use a free pass when you can't achieve your goal, but want to stay in the game.**

Swap soda for unsweetened beverages as often as possible. If you did not drink soda, check in at the end of the day. If you do choose to have soda, check in after your drink by using a free pass.

**Preview Guidebook**

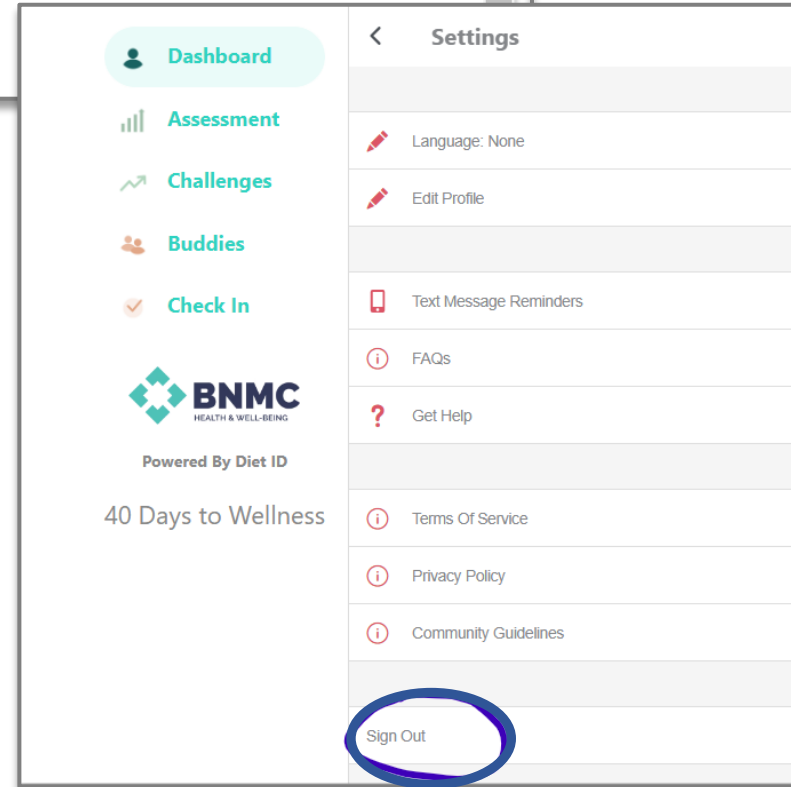
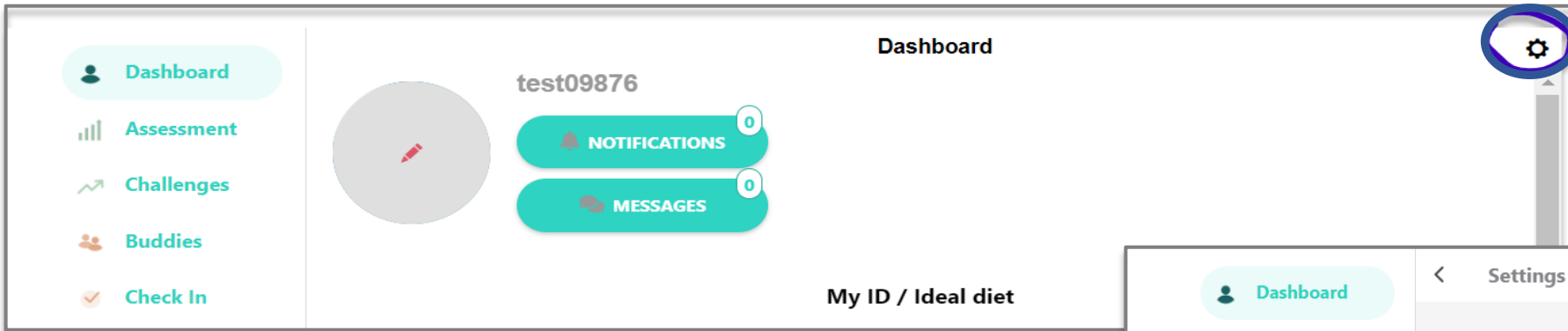
**START CHALLENGE**

YOUR ID

9 10 1 2

11-You will see “Your next challenge” in this view, “Your Challenges”.

DO NOT CLICK the “START CHALLENGE” button.  
You will be enrolled in weekly Group Challenges set by your program.



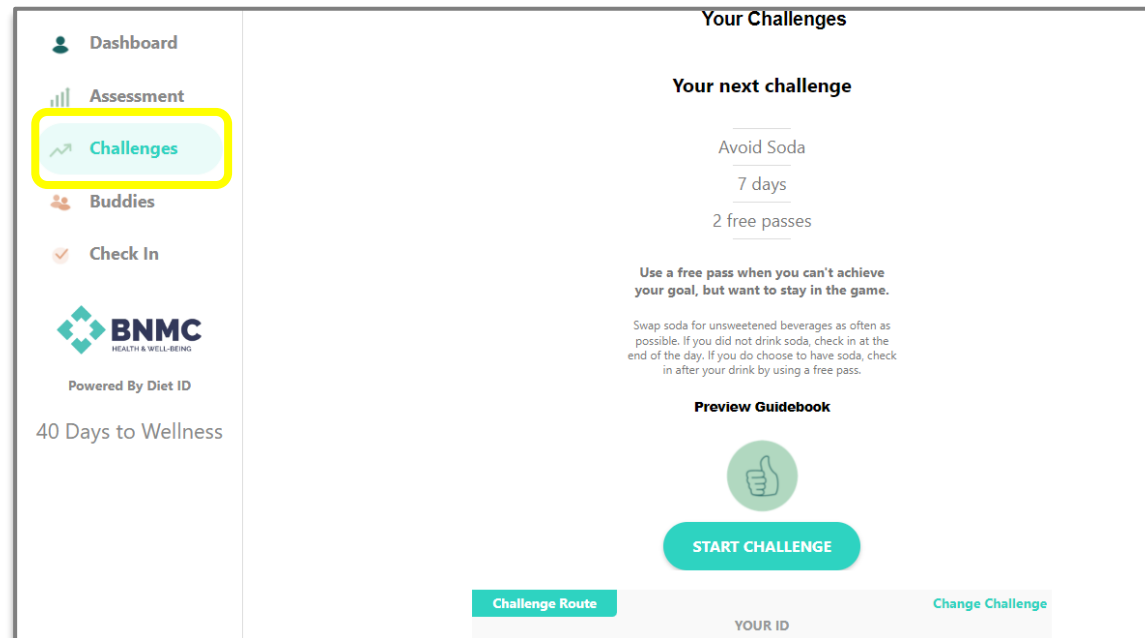
12-To Log Out of your account, go to Dashboard on the left side menu bar. In the top right corner, click on the Settings icon.

---

Click on the Sign Out button at the bottom of the list.

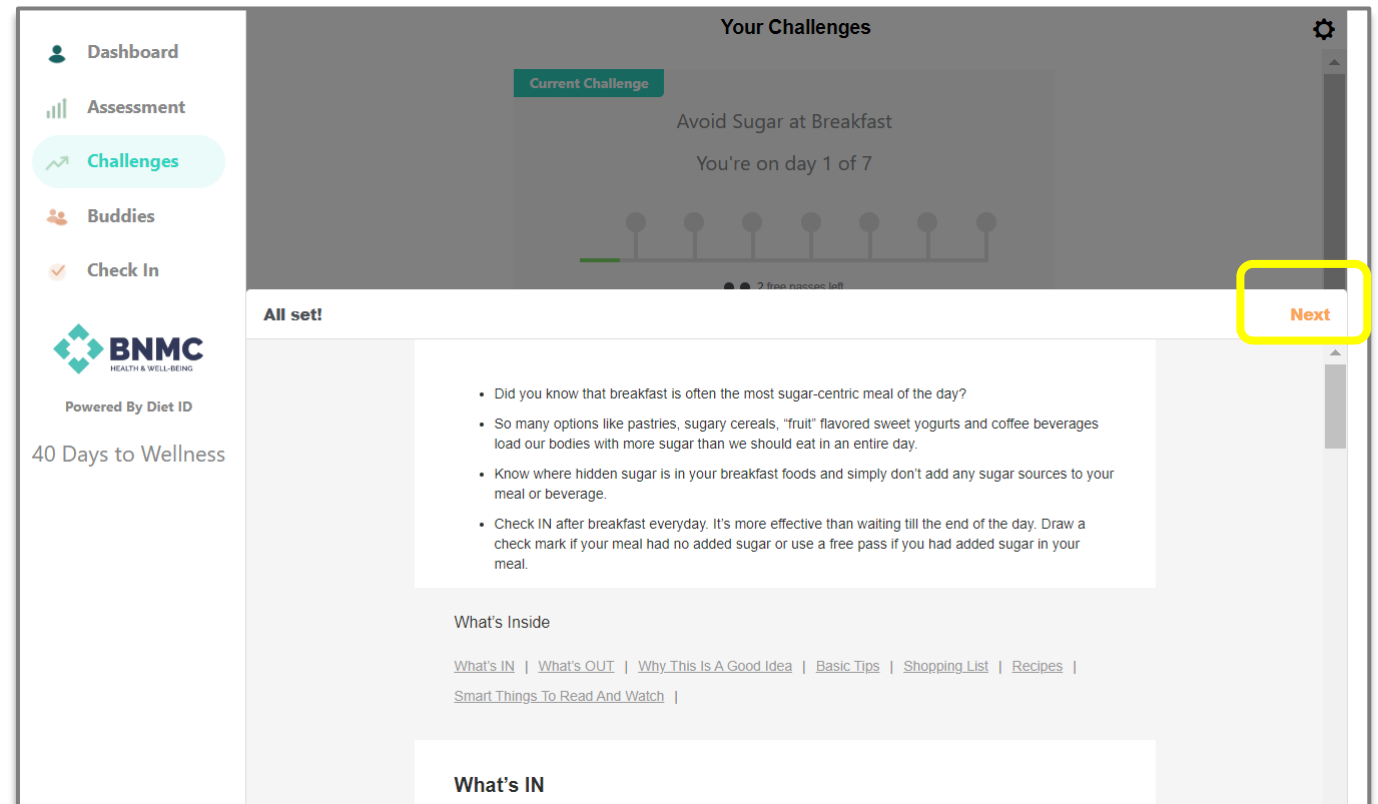
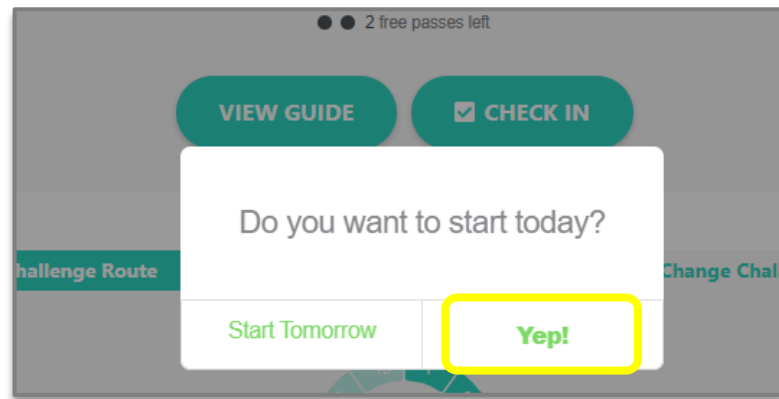
# Diet ID Group Challenges

- Each week you will receive an automated email announcing the weekly challenge.
- Log back into your Diet ID App by clicking the personalized link you received prior.
- On the left menu bar, click on Challenges if you don't see the “Your Challenges” page.
- Click START CHALLENGE button.



# Diet ID Group Challenges

- The weekly group challenge will appear on Thursday mornings and the option to start today or tomorrow. Click “Yep!”. Click “Next”



# Diet ID Group Challenges

The screenshot displays the 'Your Challenges' section of the Diet ID app. On the left is a navigation menu with options: Dashboard, Assessment, Challenges (highlighted), Buddies, and Check In. Below the menu is the BNMC logo and the text 'Powered By Diet ID' and '40 Days to Wellness'. The main content area shows the 'Current Challenge' as 'Avoid Sugar at Breakfast' with the progress 'You're on day 1 of 7'. A progress bar with seven markers is visible, with the first marker filled. A 'Done' button is highlighted with a yellow box in the top right corner. Below the challenge progress, a message reads 'Ok! Remember to check in every day on the Challenge!' accompanied by a clock icon with a hand pointing to it and a 'DONE' button.

# Diet ID Group Challenges

The screenshot displays the Diet ID app interface. On the left is a navigation sidebar with the following items: Dashboard, Assessment, Challenges, Buddies, and Check In (highlighted with a yellow border). Below the sidebar is the BNMC logo (BNMC HEALTH & WELL-BEING) and the text "Powered By Diet ID" and "40 Days to Wellness". The main content area has a green background and features a large green checkmark in the center. At the top of the main area, it says "I avoided added sugar at breakfast" and "You're on Day 1 of 7". At the bottom of the main area, it says "I ate sugar at breakfast" and "2 passes left".

# Diet ID Group Challenges

The screenshot shows the 'Check In' screen for a group challenge. On the left is a navigation sidebar with options: Dashboard, Assessment, Challenges, Buddies, and Check In (highlighted with a yellow box). Below the sidebar is the BNMC logo and the text 'Powered By Diet ID' and '40 Days to Wellness'. The main content area features a progress bar at the top with the message 'You. Are. Amazing. You've set yourself up for a clean eating day!' and '2 free passes left'. A tip box contains a lightbulb icon and the text: 'The key to this Challenge is added sugar, so the natural sugar in whole fruit is fine.' Below this is a 'Keep A Record' section with an 'Optional' dropdown menu. A table lists meal categories: Snack, Lunch, Breakfast, Dinner, Brunch, and Full Day. Underneath is an 'I Feel' section with three mood indicators: 'Bad.' (sad face), 'Meh.' (neutral face), and 'Great!' (happy face). At the bottom, there is an 'Add A Note' text area and a 'Done' button (highlighted with a yellow box). A 'Done' button is also visible in the top right corner of the main content area.

Dashboard

Assessment

Challenges

Buddies

**Check In**

**BNMC**  
HEALTH & WELL-BEING

Powered By Diet ID

40 Days to Wellness

**You. Are. Amazing.**  
You've set yourself up for a clean eating day!

2 free passes left

The key to this Challenge is added sugar, so the natural sugar in whole fruit is fine.

Keep A Record  
Optional

Snack	Breakfast	Brunch
Lunch	Dinner	Full Day

I Feel

Bad. Meh. Great!

Add A Note

**Done**

Done

# Diet ID Group Challenges

**Dashboard**

**Assessment**

**Challenges**

**Buddies**

**Check In**

**BNMC**  
HEALTH & WELL-BEING

Powered By Diet ID

40 Days to Wellness

### Your Challenges

**Current Challenge**

Avoid Sugar at Breakfast

You're on day 1 of 7

● ● 2 free passes left

**VIEW GUIDE** **CHECK IN**

**Challenge Route** **Change Challenge**

YOUR ID

10 1



# RD Nutrition Session

# Nutrition Session Appointment

- 1-Information provided here will be used to schedule one 30 minute session with a Registered Dietitian.
- 2-Please provide at least 3 available date/time options by Friday Aug 16 for Week 1 or Aug 23 for Week 2.
- 3-You will receive a confirmation email with a Zoom link by Sunday Aug 18 or Aug 25.

\* Required

1. Week 1: Thursday, August 22 between 8am to 6pmET \*

Provide your preferred date/time options. State "none" if not available.

Enter your answer

2. Week 1: Friday, August 23 between 8am to 6pmET \*

Provide your preferred date/time options. State "none" if not available.

Enter your answer



# Queen City Couriers



Deliver the meals to the community via bike

Will deliver meals to your home each week. You will receive 1 insulated cooler bag with all 10 meals inside for each week. Be sure to put your cooler bag outside for the delivery person. We will let you know the day you will receive your meals.

Prepare the meals for participants

Will prepare your 10 healthy meals each week.

- Each meal follows national criteria for heart healthy meals approved by a registered dietician. See the ingredient label for more information. Meals are made from locally sourced ingredients when possible and include seasonal vegetables, and lean protein, as outlined in menu.
- The menu is on a 2-week cycle that will rotate 3 times during your 6-week program.



## Menu for 40 Days to Wellness

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal 1</b>	Chicken Waldorf Salad, with apples, walnuts, celery, lettuce, and topped with red wine vinaigrette	Ahi Tuna Soba Bowl with cabbage and cauliflower over soba noodles, topped with soy sauce	Mediterranean Chicken, Salad, and Pita	Chicken Fajitas with Brown Rice and Pico de Gallo.	Blackened Catfish With Vegetable Jambalaya, cooked brown rice, onion, celery, green bell pepper, parsley, garlic, and vegetable stock.
<b>Meal 2</b>	Seared Salmon with mushrooms, leeks, barley, and vinaigrette	Jerk Pork Tenderloin, with wild rice, mangoes, pecans, and goat cheese.	Roasted Turkey with curried brown rice and spinach.	Cauliflower Steak, with toasted rice pilaf and herbs.	Smokey Pork Tenderloin and Quinoa Salad, summer vegetables, quinoa, garlic, shallot, white wine, sauce, and extra virgin olive oil.

In Partnership  
With:



## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal 1</b>	Tuna Sandwich with Grilled Vegetables, <i>fresh tuna on a multi-grain roll with sliced roma tomatoes, lettuce, and roasted zucchini, yellow squash, and bell peppers.</i>	Salmon with Artichokes, Israeli Couscous, <i>with veggie stock, garlic, red onion, sun-dried tomato, lemon juice, and artichokes.</i>	Lemon Salmon, <i>with white beans, rosemary, and kale</i>	Roasted Pork loin with Braised Escarole and Chickpeas  <i>raw escarole, chickpeas, garlic, shallot, lemon, white wine, veggie stock</i>	Grilled Lemon Chicken with Lentils and Eggplant, <i>contains garlic, shallot, red onions, diced bell pepper, squash, white wine, lemon juice, and EVOO</i>
<b>Meal 2</b>	Stuffed Airline Chicken Breast with Quinoa Salad, Topped with Roasted Red Pepper Sauce, <i>with diced vegetables, goat cheese, spinach leaves, bread crumbs, lemon juice, garlic, and Extra virgin olive oil</i>	Turkey and Rice Stuffed Peppers with Feta <i>with bell pepper, ground turkey, brown rice, red onion, diced squash, marinara sauce, minced garlic, feta, and EVOO</i>	Grilled Vegetable and Goat Lasagna with Spicy Pomodoro, <i>with pasta sheets, diced grilled yellow squash, peppers, tomatoes, onions, green squash), goat cheese, and spicy marinara</i>	Cod with Puttanesca and Polenta, <i>with capers, lemon, olives, garlic, shallot, and marinara</i>	Roasted Turkey Breast with Couscous and Provençal Vegetables, <i>contains marinara sauce, cajun seasoning, garlic, shallot, and white wine</i>

In Partnership  
With:





# Website for 40 Days to Wellness

[Welcome to 40 Days to Wellness - BNMC](#)



**40 Days to Wellness Website**







**40 Days to Wellness**

**Private Facebook Group**



# Frequently Asked Questions



## 40 Days to Wellness Program FAQs

Congratulations on committing to your own health and well-being

- **What is the 40 Days to Wellness Program?**

The 40 Days to Wellness Program is a holistic health initiative designed to support your physical and mental well-being. It includes 10 healthy meals that are delivered to your doorstep weekly. There are weekly mindfulness and cooking workshops and access to a dietitian for consultation. Over the next 40 days, we will cook, eat, meditate, and have fun being healthy together. This program is designed to provide you with the knowledge, tools, and social support to make sustainable lifelong changes for your well-being. We're excited for the positive changes that lie ahead. Let's make wellness a lasting part of our lives so we all can thrive!

- **What is included in the weekly meals?**

Each week, you will receive 10 meals that are carefully curated and approved by a dietician. These meals are designed to be nutritionally balanced and delicious.

- **When am I getting my meals?**

Meal deliveries are delivered based on geographical areas on one of these days, Thursday, Friday, or Saturday. Depending on your area your meals will be delivered weekly on that specific day. Example: Participants receiving meals on Friday will receive their meals every Friday until the end of the program.

- **What is the time commitment required for the program?**

The program is designed to be flexible. The weekly mindfulness and cooking workshops are about 1.5 hours. Mindfulness workshops are on Tuesdays from 5:00 -6:30pm and cooking workshops are from 6:00-7:30 pm.

- **How do I access the weekly mindfulness workshops?**

The weekly mindfulness workshops are offered virtually through Zoom. You should have received the Zoom links for the 6 workshops (August 20, August 27, September 3, September 10, September 17 and September 24)

- **How do I access the weekly cooking workshops?**

The cooking workshops are offered both in person and virtually through Zoom. Participants are allowed to attend one in person cooking workshop (Please select your date preference and complete the form that was emailed) at D'Lish kitchen at D'yovuille University (301 Connecticut street, Buffalo NY). The dates are August 21, August 28, September 4, September 11, September 18 and September 25. You can plan to eat at the in-person class, since it is around dinner time.

- **How do I receive my ingredients for the weekly cooking workshops?**

The ingredients will be delivered to you via Doordash

- **What if I miss a workshop?**

If you miss a workshop, you can access the recording at your convenience.



- **Who do I contact if I have questions regarding meal delivery?**

For meal deliveries, please inform us as soon as possible. Feel free to reach out to [healthycommunities@bnmc.org](mailto:healthycommunities@bnmc.org) (Queen City Couriers will be delivering the meals).

- **How do I provide feedback on the program?**

Your feedback is important to us. You can provide feedback through regular weekly surveys that are sent out to you. Additionally, you can contact the program coordinator with any suggestions or concerns.

- **What are the weekly requirements for a participant?**

All participants are highly suggested to attend workshops, fill out weekly survey forms about the programs, enjoy the prepared meals and have fun! In addition, if you're a veteran participant from WNY Heroes, you would need to pick up your meals every week.

- **Are there any costs associated with the program?**

There are no costs associated with the program.

- **How can I track and share my progress during the 40 days?**

We recommend that you could keep a journal to write down how you feel about your own personal journey. We would love to see your progress during the program! Feel free to tag us on Facebook/ Instagram @bnmcinnovates and use the #BNMCWellness

- **Where can I get updates about the 40 Days to Wellness Program?**

Remember to check the Private Facebook page and the 40 Days to Wellness Program website anytime



- **Who can I reach out to for more information or questions?**

If you have any further questions, please feel free to contact [healthycommunities@bnmc.org](mailto:healthycommunities@bnmc.org) or Beth Machnica [emachnica@bnmc.org](mailto:emachnica@bnmc.org) or Purnima Mohan [pmohan@bnmc.org](mailto:pmohan@bnmc.org)



# Thank you!

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Kaleida Health

