SCAVENGER HUNT

CELEBRATING 20 YEARS BUILDING HEALTH

Healthy Acadia has been building vibrant communities for the past 20 years! Throughout 2021 we will be celebrating with fun community activities and sharing highlights of our community health collaborations. Our Scavenger Hunt is one of those ways to celebrate with us!

How To Play

In the month of February - Find the activities that interest you in the categories below and keep track of how many you are doing by putting a check by what you've accomplished. When you're finished, use this form to let us know, or contact us at sonya.connelly@healthyacadia.org or by calling (207) 610-9895. We encourage you to also share what you do via social media with #HealthyAcadia20Years to help spread the fun!

Level 1 (5 accomplishments) - Receive a public shout out!
Level 2 (10 accomplishments) - Above and a small gift.
Level 3 (20 accomplishments) - Above and a gift card from a local business of your choice! (Some exceptions on businesses apply.)

To learn more about Healthy Acadia and the work we do, visit us at www.HealthyAcadia.org.

Visit www.healthyacadia.org/blog/celebrating20years to access links if you are using a paper version of this flyer.

Wellness Category

- Participate in an outdoor winter activity you've never tried
- Photograph a park with Tobacco Free Site sign
- Take a winter hike in Washington County *or* Hancock County
- Participate in the Drug Use IQ challenge
- Participate in a Zoom fitness, yoga, or dance class
- Try a Tai Chi class
- Go on a Health Quest
- Watch and follow along with a SNAP-Ed Recipe Video
- Learn more about tobacco cessation
- Discover 3 new facts about complementary and integrative health
- In an hour that would normally be devoted to technology, do a family craft, outing or outdoor activity
- Take a picture of your idea of joy and share it with us
- Take a picture of whatever makes you happy and tell us about it
- Create a gratitude list

Child Friendly Category

- Send thank you notes to essential workers or teachers
- Make a fruit-infused water
- As a family, drop off food to a food pantry in Hancock County or Washington County
- Play a game from Healthy Sleep for Kids
- Participate in a Winter Kids Activity
- Take the Downeast Family Pledge
- Watch and follow along with the SNAP-Ed recipe video and take a picture of you and your children cooking together
- Track how much water you drink in a week
- Have the teen in your family explore Downeast Youth Voices
- Track your 5 fruits and veggies a day for a week
- Play one of the games on the teen education Drug Use and Effects website

Community Category

- Volunteer your time at a local nonprofit
- Attend a virtual event at your local library
- Visit a farmer's market or local farm and take a picture with a vendor
- Call an older adult to check in on them
- Drop off a meal to a neighbor
- Visit your local library and share a photo of the book you checked out
- Visit a retailer that has a "no smoking sign" and take a picture
- Thank a local business for their actions around COVID 19 safety
- Talk to your health provider about preventative health
- Write a thank you note to essential workers, teachers, or first responders
- Drop off donations to local nonprofit you support
- Shovel snow for an older neighbor
- Donate to a food drive or food pantry near you