



Prizes for SNA's "'Tis the Season" Fourth Quarter Wellness Challenges

Official Rules

How to Enter

STEPS Challenge prize winners will be drawn at random at the end of each month from the pool of STEPS Challenge participants. To enter the random prize drawings, STEPS challenge participants must be registered users on the SNA Strive to Thrive mobile app. There is no separate entry form; every STEPS participant that meets or surpass any official SNA STEPS and wellness challenge is automatically entered in the drawing.

No responsibility is assumed by SNA, and entrants waive all claims for lost, late, illegible, or misdirected entries or for any problems of technical malfunction of any telephone network or lines, computer equipment, software, failure of any internet service provider or any combination thereof including without limitation any damage to entrant's or any other person's computer resulting from participation in this promotion.

Prizes

A prize drawing will be conducted at the end of each month from the pool of STEPS Challenge participants. **One (1) winner will receive the grand prize: a \$150 Amazon gift card at the end of the fourth quarter challenge on December 31! To be eligible for the grand prize, you must receive 150,000 or more steps via the SNA Strive to Thrive mobile app by 11:59 pm Eastern on December 31, 2024.**

Several other prizes will be given to random winners based on each of the monthly challenges below:

- **October 2023 Challenge:** Start this month's challenge with a [meditation practice](#) and try a minimum of *three (3)* meditation sessions in the Strive to Thrive mobile app by **October 31, 2023**. **All three (3) meditation sessions are required to be completed in the month of October and at least two of the meditation sessions must include one of the following sessions: 1. Slipstream, 2. A New Time, A New Age, A New You or 3. The Spark Within.**
- **November 2023 Challenge:** Begin this month's challenge with gratitude and utilize the [gratitude journal](#) in the Strive to Thrive mobile app. The gratitude journal will require you to write three (3) things you are grateful for or the positive events that have happened in your day. Use the gratitude journal to submit a minimum of *three (3)* different gratitude journals

by **November 30, 2023**. All three (3) gratitude journals must be completed in the month of November.

- **December 2023 Challenge:** Step up to last wellness challenge of the year and reach a minimum step goal of *75,000 steps* by **December 31, 2023**. Take advantage of the meditation and gratitude modules in the app to receive bonus steps that will help reach your step goal faster each day. **All steps must be completed during the month of December.**

These prizes will include: \$50 Amazon gift card for the October 2023 challenge winner; \$75 Amazon gift card for the November 2023 challenge winner; \$100 Amazon gift card for the December 2023 Challenge winner. No substitution or transfer of prizes permitted. No purchase necessary. There is no entry fee of any kind for this sweepstakes. Void where prohibited or restricted by law.

Prize Drawing

All sweepstakes winners will be selected in a random drawing to be conducted at the end of each month from the pool of STEPS Challenge participants. The grand prize winner will be selected at the end of the fourth quarter challenge on **December 31, 2023**, and must receive *150,000* or more steps via the SNA Strive to Thrive mobile app to be eligible. The winners will be notified by email or telephone call within three (3) business days of drawing date. A prize winner may choose to decline the prize upon notification if he/she so wishes. If SNA is unable to contact potential winner(s) by email or if any potential winner fails to respond to the prize notification within three (3) business days of issuance of notification or if any winner fails to comply with any of the requirements, an alternate winner shall be selected through another random drawing. If, in SNA's opinion, there is any suspected or actual evidence of electronic or non-electronic tampering with any portion of the sweepstakes, or if technical difficulties compromise the integrity of the promotion, SNA reserves the right to terminate the promotion and conduct a random drawing to award prizes using all currently eligible online entries received as of the termination date. Should the promotion be terminated prior to the stated expiration date, notice will be posted on www.schoolnutrition.org/learning-center/steps/

Eligibility

This prize drawing is open to registered users on the SNA Strive to Thrive mobile app and met or surpassed any official SNA wellness challenge, age 18 years or older, who are school nutrition professionals or employees employed by a school district or school nutrition operation. ***The prize drawing is not available to SNA industry/corporate members.*** This sweepstakes is not available in any state or local jurisdiction where prohibited or restricted by law. There is no separate entry form. A registered user is registered on the SNA Strive to Thrive mobile app.

A prize winner is not eligible for subsequent drawings. This sweepstakes is not open to current SNA board members, employees of SNA or immediate family members. By entering, participants without limitation, release and hold harmless SNA and its affiliates, licensees, franchisees, subsidiaries, advertising, and promotion agencies from any and all liability for any injuries, loss or damage of any kind in connection with this sweepstakes or acceptance and use of a prize won. One

entry per person is allowed. No purchase necessary. There is no entry fee of any kind for this sweepstakes. Void where prohibited or restricted by law.