



Here at Rainier Fruit we believe in living 'Wholesome to the Core.' It is a guiding principal that allows us to live life fully and be our best selves by making healthy choices for ourselves and our family, going above and beyond in our work and giving back in our community. We know that there are thousands of like-minded individuals all around the country and we want to honor them as our **WHOLESOME HEROES** and share their stories to inspire others. Please email your nomination to [RainierFruitCompany@gmail.com](mailto:RainierFruitCompany@gmail.com) or visit our website at [www.rainierfruit.com/wholesomehero](http://www.rainierfruit.com/wholesomehero) to complete this form.

## WHOLESOME HERO NOMINATION FORM

### NOMINATED BY:

Your Name: \_\_\_\_\_

Your Email: \_\_\_\_\_

### TELL US ABOUT WHO YOU ARE NOMINATING:

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Organization and/or Place of Work: \_\_\_\_\_

### WHOLESOME HERO CATEGORIES

(Select the category that applies to your nomination. You may select multiple categories, if applicable.)

- Community Service** (work professionals; this may include but not limited to - nurses, teachers, law enforcement, first responders, military, etc.)
- Volunteer Service** (volunteer service in any type of organization or giving back)
- Health & Well Being** (making choices to improve their own health and well-being and that of their families, co-workers and friends.)

1. How has this person gone above and beyond in their service to others, to their community, to their family or in improvement of their own health and well-being?

2. How is this person Wholesome to the Core?

*One Wholesome Hero will be selected weekly from active nominations. Selected Wholesome Heroes will receive a Wholesome Hero t-shirt, certificate of recognition and a box of fresh apples. Wholesome Heroes may also be featured on social media with consent.*