

# Team captain tips

## Create and manage your team

1. Log into the EcoChallenge website: [savefoodmn.ecochallenge.org](https://savefoodmn.ecochallenge.org)
  - a. First time? Create a profile to log in.
  - b. Create your team – [watch this video](#) for tips
  - c. Select your personal actions
2. Manage your team
  - a. [Watch this video](#) for tips on how to manage your team, including editing the team profile, messaging teammates, and inviting new teammates. You can also have up to three team captains, so invite others to take the lead with you.
  - b. Your team profile page displays recent posts from teammates, point awards, status of team competitions, and team impact (once the challenge has begun).

## Engage your team

Highly engaged teams encourage fun, build community, and elevate long-term impacts. Here are tips to help your team feel connected and inspired:

- **Hold a kick-off event**  
Consider launching this challenge with a virtual or in-person potluck or happy hour. Take this opportunity to explore and talk about actions together.
- **Encourage each other.**  
You can send team emails directly from the Ecochallenge Platform dashboard. A little encouragement goes a long way!
- **Share your team's stories.**  
Your stories, in the form of quotes, photos, or videos, can inspire your team and your community. Share your 'aha!' moments during the challenge on the participant feed.
- **Start a friendly competition with another team.**  
[Check out other teams](#) and challenge them to see which group can do the most.

## Support

See [Resources](#) and [FAQs](#) on the EcoChallenge website

Contact [zwc@hennepin.us](mailto:zwc@hennepin.us) for program questions or [support@ecochallenge.org](mailto:support@ecochallenge.org) for logistical help with the website.