



Healthy Eating:

Promoting Nutrition in Your Workplace

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www.projecthealth.ca



Project Health

Supporting Healthy Workplaces



**Improved
employee
health and
well-being**

What is the Value of Promoting Nutrition in the Workplace?

Reduced risk of:

- Heart disease
- High blood pressure
- Osteoporosis
- Certain cancers
- Type II diabetes
- Overweight and obesity



**Improved
employee
morale**

What is the Value of Promoting Nutrition in the Workplace?

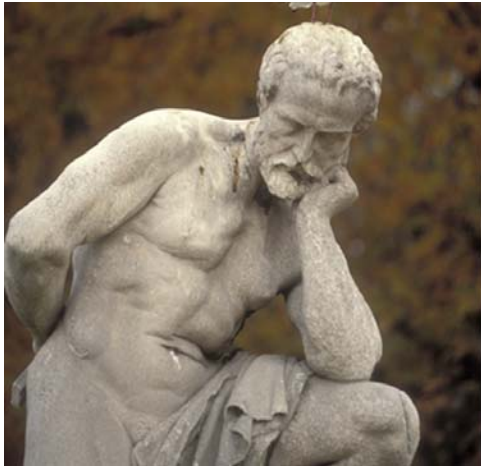
- Greater sense of control over health.
- Increased sense of value as an employee.
- Enhanced environmental and social support to make healthy food choices.
- Opportunity to voice nutrition needs and concerns.



Employer Benefits

What is the Value of Promoting Nutrition in the Workplace?

- Increased productivity and job satisfaction.
- Promotion of a healthier workforce.
- Reduced absenteeism.
- Reduced medical, disability and insurance costs.
- Reduced employee turnover.



Individuals may cycle through the stages of change many times before making lasting changes.

Stages of Change

1. Precontemplation

2. Contemplation

3. Preparation

4. Action

5. Maintenance/Relapse Prevention



Principles of Health Promotion

- Awareness Raising
- Education and Skill Building
- Environmental & Social Support
- Policy Development & Implementation



**Awareness
Raising**

Strategies Used to Promote Nutrition in the Workplace

“Activities that give employees the information they need to make healthy food choices”.



Awareness Raising

Strategies Used to Promote Nutrition in the Workplace

Examples:

- Articles in the company newsletter.
- Nutrition tips on bulletin boards, pay stubs, E-mail, Intranet.
- Health fairs or displays with pamphlets and recipes.
- Healthy eating events i.e. theme months, contests, challenges.



Skill Building

Strategies Used to Promote Nutrition in the Workplace

“Activities that teach employees how to get actively involved in changing their eating behaviours”.



Skill Building

Strategies Used to Promote Nutrition in the Workplace

Examples:

- Sharing healthy recipes.
- Lunch & learns:
 - Cooking demonstrations
 - Label reading
 - Setting realistic goals
- Supermarket tours.
- Self-screening questionnaires.



Environmental Support

Strategies Used to Promote Nutrition in the Workplace

*“Surroundings and conditions
which foster and support healthy
eating”.*



Environmental Support

Strategies Used to Promote Nutrition in the Workplace

Examples:

- Provide vegetables and fruit at a nominal price in the cafeteria.
- Use POP messages.
- Provide refrigerator and microwave.
- Encourage employees to eat away from their workspace.
- Allow a reasonable amount of time for employees to eat.



**Policy
Development
&
Implementation**

Strategies Used to Promote Nutrition in the Workplace

“Specific policy guidelines that support healthy eating in the workplace”.



Policy Development & Implementation

Strategies Used to Promote Nutrition in the Workplace

Examples:

- Workplace fundraising does not rely on the sale of less nutritious foods.
- Healthy food and beverage choices are available at a comparable price.
- Employees have access to educational sessions and resources.
- Nutrition counseling covered by insurance carrier.



**Policy
Development
&
Implementation**

Cafeteria

Strategies Used to Promote Nutrition in the Workplace

- Avoid sugar added drinks as part of combo meals or specials.
- Make water available.
- Specials should include vegetables.
- Serve dressings and sauces on the side.
- Use low fat cooking methods.
- Limit portion sizes.
- Offer fresh fruit or fruit salad.



**Policy
Development
&
Implementation**

Vending

Strategies Used to Promote Nutrition in the Workplace

**At least 30% of food and beverage
choices should be healthier choices.**

- 100% fruit and/or vegetable juice.
- 2%, 1% and skim milk including chocolate milk.
- Lower fat muffins or mini muffins.
- Whole grain crackers and pretzels.
- Granola bars without added chocolate.
- Fruit bars.



**Policy
Development
&
Implementation**

**Catering
&
Events**

Strategies Used to Promote Nutrition in the Workplace

- Tap water.
- Fruit or veggie trays.
- Bagels, low fat muffins or mini muffins.
- Sandwiches or wraps on whole grain breads.
- Yogurt or milk.
- Cheese and whole grain crackers.
- 100% fruit or vegetable juice.



Implementation

1. Make a business case for nutrition promotion in the workplace.
2. Build a workplace nutrition team.
3. Describe the workplace.
4. Plan a nutrition program.
5. Develop and implement an action plan.
6. Evaluate your success.
7. Keep it going!

www.nutritionrc.ca/



Websites for Employers

Healthy Workplace Eating

www.nutritionrc.ca/

www.eatsmartontario.ca

Information

www.region.waterloo.on.ca

www.dietitians.ca

www.eatrightontario.ca (1-877-510-5102)

www.healthcanada.gc.ca/foodguide

www.heartandstroke.ca

www.cancer.ca

www.diabetes.ca

www.projecthealth.ca



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Websites for Employees

Information

www.5to10aday.com

www.dietitians.ca

www.eatrightontario.ca (1-877-510-5102)

www.eatracker.ca

www.foodlink-waterlooregion.ca

www.healthyeatingisinstore.ca

healthcanada.gc.ca/foodguide

www.healthymeasures.ca

www.sodium101.ca

www.projecthealth.ca



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