Facilities

The physical set up of your workplace can influence employee eating habits. Employees who bring their own meals tend to eat healthier diets than individuals who purchase food away from home.¹

Definition of Success

✓ Employees have access to a clean, attractive eating area
✓ There is enough space for employees to sit and enjoy their lunch
✓ Employees have access to a kitchenette where they can store and heat food

1.0 Needs Assessment

During your needs assessment, determine if there are any barriers to healthy eating that occur as a result of the physical set-up of the workplace. For example, do employees need a refrigerator to store lunches? Does the building electrical system prevent the use of toasters, kettles, etc.? Do employees have a clean, attractive area to eat that is away from their desks?

2.0 Evaluation Indicators

Some possible indicators include:

- Ask employees what they like and don’t like about current workplace facilities
- Record process indicators about what worked, what didn’t and lessons learned

3.0 Creating Supportive Workplace Facilities

Kitchenette

Provide a kitchenette that includes a sink so employees can rinse food and wash containers, plates, glasses, etc. The kitchenette may also include a refrigerator to store snacks, lunches and beverages. A microwave or toaster oven is also essential to facilitate employees preparing their own lunches. Consider adding a cold water dispenser, water fountain or a water and ice dispenser to promote water consumption. Adding a hot water dispenser can also provide a way for employees to make their own coffee or tea, without the use of a kettle. Implement a regular cleaning schedule for the kitchenette, microwave and refrigerator.
Eating Area

An attractive eating area encourages employees to take a break from work and enjoy their meals.

To create an attractive eating area:

- Provide a clean, quiet, bright space that is away from the work space
- Ensure there is adequate seating and a surface to place food in the eating area to allow for comfortable dining
- Avoid conducting business meetings and events in this area during meal times to allow employees to relax during their lunch break
- Provide enough waste, recycle and organic bins, which should be emptied daily or more often if required

Outdoor Facilities

- Consider adding an outdoor eating facility such as picnic tables for use during warmer months. Ensure the outdoor eating area has shade
- Ensure there are adequate bins for garbage, food waste and recyclables. These should be emptied regularly and should be pest proof

Facilities References