

NUTRITION

The old saying is true - “you are what you eat”. Chronic diseases (heart disease, stroke, diabetes, cancer) account for some of the most common health problems in the US, yet many of them are preventable by making nutritional changes. By making the healthy choice, we can improve our physical and mental health and prevent chronic diseases through what we eat.

Provide opportunities for employees to have healthful and nutritious food and drinks. Eating healthful foods and ‘brain’ foods such as fruits and vegetables, lean protein, and whole grains support physical and mental well-being. Healthful eating habits, such as eating regular meals, cooking and eating together, and eating mindfully can reduce stress and support resilience.

Create an action plan

- develop an ongoing promotion or marketing plan to keep employees informed (email, newsletter, posters, new employee orientation, etc.)
- conduct follow up to track success and make changes as needed



Create a Worksite Garden

Provides daily movement, opportunities to breathe in fresh air, and has calming benefits.

- produce can be donated to a local shelter or food shelf in addition to being enjoyed by employees.

MAKE HEALTHY EATING PART OF YOUR WORKPLACE CULTURE.



encourage staff to actually take their lunch breaks - even better, together!

provide healthful foods and drinks at staff meetings

provide a healthful eating guide for employees who travel for work

ensure that refrigerators, microwaves, and sinks are available for employees to use

work with vending companies to provide healthier options employees would enjoy

provide free access to filtered water

celebrate with healthful potlucks

consider access to a dietician as part of your health benefits

TOGETHER WE CAN *build a better future!*