

# Workplace Wellness Reference: Nutrition

## Introduction

Healthy eating patterns, focused on consuming fewer calories and making informed food choices, in addition to being physically active, can help employees attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health. The physical and social environment of the workplace impacts behaviors; therefore, by promoting proper nutrition and the availability of healthy options at the worksite, employers have the potential to influence what employees eat throughout the day.

## Healthy Eating Guidelines

The *Dietary Guidelines for Americans* provide authoritative advice about healthy eating to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health. Refer to the Guidelines for nutrition recommendations to promote to employees.

## Recommended Strategies

- Provide educational materials on various nutrition-related topics.
- Offer appealing, low-cost, healthful food options, such as fruits and vegetables, juices, and low-fat dairy products in vending machines, snack bars, and break rooms and limit or eliminate unhealthy options.
- Offer healthy food choices at meetings, company functions, and health education events and limit or eliminate unhealthy options.
- Have on-site cafeterias offer healthy meal choices that align with the Dietary Guidelines for Americans and limit or eliminate unhealthy options.
- Use competitive pricing to make healthier choices more economical than unhealthy choices.
- Limit or eliminate fundraising with high fat and sugar, low nutrient food items and consider fundraisers with non-food items—specialty coffee beans, flowers, lunch bags or totes—instead.
- Provide healthy cooking demonstrations with taste tests.
- Make water available throughout the day.
- Provide protected time and dedicated space away from the work area for breaks and lunch.
- Make refrigerators available for employees' food storage.
- Make local produce available for purchase at the worksite (i.e. farmers market or a farm to work program).
- Provide incentives for participation in nutrition and/or weight management/maintenance activities.

### Healthy Workplace Recognition Program Criteria

#### Bronze Level

2 activities or initiatives

#### Silver Level

3 activities or initiatives

#### Gold Level

4 activities or initiatives

Refer to the [HWRP application](#) for examples of nutrition initiatives.

# Workplace Wellness Reference: Nutrition

## Resources for recommended strategies

- Offer appealing, low-cost, healthful food options, in vending machines, snack bars, and break rooms:
  - San Antonio Healthy Vending guidelines  
<http://www.sahealthyvending.com/#!business>
- Offer healthy food choices at meetings and company events:
  - American Cancer Society's Meeting Well  
<http://www.acsworkplacesolutions.com/meetingwell.asp>
  - Vermont Worksite Wellness Resource: Healthy Eating Guidelines for Worksites  
[http://healthvermont.gov/family/fit/documents/WorksiteWellness\\_Resource.pdf](http://healthvermont.gov/family/fit/documents/WorksiteWellness_Resource.pdf) (page 80 out of 93)
- Have on-site cafeterias offer healthy meal choices that align with the Dietary Guidelines for Americans:
  - *iPor Vida!*, San Antonio's healthy menu initiative, is a recognition program that helps adults and children with identifying healthy food choices. Healthy menu items that meet the Dietary Guidelines for Americans are labeled with the *iPor Vida!* logo.  
<http://www.porvidasa.com/>
- Provide healthy cooking demonstrations with taste tests:
  - San Antonio Food Bank's Nutrition Education Program  
<http://www.safoodbank.org/index.php/programs/nutrition/nutrition-edu>
- Make local produce available for purchase at the worksite:
  - Texas Department of State Health Services' Farm to Work Initiative  
<http://www.dshs.state.tx.us/obesity/nutritionfarmtowork.shtm>  
<http://www.farmtowork.org/>
  - CDC's Healthier Worksite Initiative, Garden Market Project  
<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/gardenmarket/example.htm>
- Additional locally grown produce resources:
  - Greenling – local food and organic produce and groceries home delivered (may deliver to the worksite)  
<http://www.greenling.com/home>
  - Fit City SA Farmers' Markets listing  
<http://www.fitcitysa.com/Places/FarmersMarketsinSA.aspx>
- Additional resource on nutrition strategies for the worksite:
  - CDC's Strategies for Sodium Reduction in Worksites provides information on educating employees, developing food policies, and establishing a wellness team.  
[http://www.cdc.gov/salt/pdfs/sodium\\_reduction\\_worksites.pdf](http://www.cdc.gov/salt/pdfs/sodium_reduction_worksites.pdf)