

# Promote healthy eating

## Signs that unhealthy eating may be an issue at your workplace:

Candy dishes or vending machines stocked only with processed food

Lack of healthy alternatives (such as fruit) at meetings

Few healthy foods eaten at lunch and on breaks

Few places to purchase healthy food located near the workplace

Employees bringing in treats and sweets to share

Employees who eat healthy foods are less prone to fatigue and weight gain, which can lead to chronic medical conditions. Good nutrition also promotes alertness, so workers are less likely to suffer from “presenteeism” (being physically present but not mentally engaged), which can contribute to injuries.

By using organizational strategies that put nutritious options within reach, you can support employees who want to make healthy food choices. Here’s what has worked well at other organizations:

**Encourage eating food from home** by providing refrigerators, microwaves, or coolers. Eliminate or reduce unhealthy options in vending machines, and make healthier choices less expensive.

**Trade out donuts for fruit or vegetables** at meetings and company gatherings. Provide a healthy meal, complete with green, leafy vegetables, instead of pizza for the graveyard shift. Switch out the candy bowl for a bowl of fresh fruit to encourage healthy snacking. Not quite ready to give up the popular sweets? Try this first step: Provide both options so the healthy choice is always available to those working to change habits.

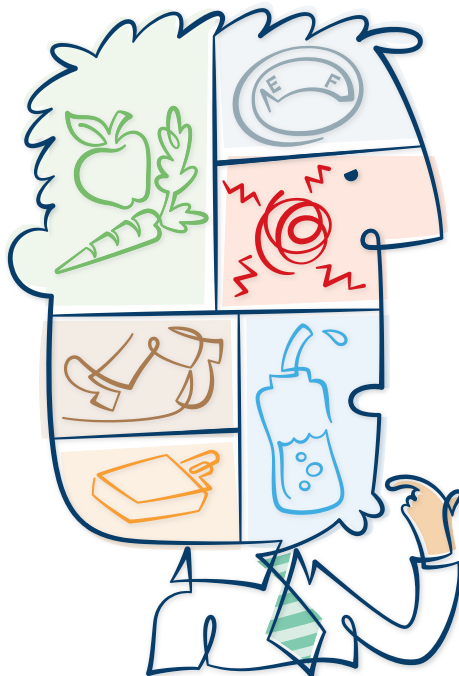
**Ensure employees have sufficient time on breaks and lunches**, so they are less likely to grab a candy bar or microwave burrito. Offer fresh, cool water during breaks and provide a natural space outdoors so employees get a break from the work environment. Avoid scheduling meetings over typical lunchbreak times.

**Teach employees about healthy eating.** Or take it a step further by facilitating healthy recipe sharing or providing cooking classes. Have a local restaurant or deli put together tasty, nutritious options for a meeting or special lunch.

**Consider giving employees portion-sized containers they can use for lunches.** Cutting boards are another great giveaway that promotes vegetable and fruit preparation at home. Water bottles help encourage hydration.

**Build an employee garden or partner with a farmers’ market or school** garden to bring vegetables and fruits within reach. Consider allowing community-supported agriculture boxes to be delivered at the worksite.

Be sure to include your employees as you look for other ideas to promote healthy eating both on and off the job.



For more information, including guides on other workplace health and safety topics, visit: [saif.com/twh](https://saif.com/twh).