



GREAT IDEAS!

20 Ways to Address Nutrition in the Workplace

1. Put a water cooler in the office to encourage staff to drink more water.

2. Offer fruit, vegetables, healthy granola bars, etc. during meetings.

3. Work with your vending machine contractor to offer “healthier” options. You can also mark them for buyers to recognize.

4. Have a “Healthy Recipe Contest” at your workplace. Everyone who enters a healthy recipe gets a raffle ticket – the winner could receive a \$25 gift certificate to a local sporting goods store or healthy food market.

5. Offer at least one healthy menu selection each day in your worksite cafeteria.

6. Use vending machine commissions to help fund wellness program activities.



7. Post a healthy recipe on the intranet or break room bulletin board monthly.

8. Change product placement in the cafeteria to offer healthier selections at eye level and unhealthy selections at the bottom of the shelf.

9. Place Healthy Choice stickers on “heart healthy,” “low in sodium,” “low in sugar” and “low in fat” items in cafeteria.

10. Post the “MyPlate” food guide charts in cafeterias and break rooms.

11. Offer low-cost or free fruit in break rooms to encourage healthy snacking.

12. Work with a local registered dietitian to offer a free or low-cost healthy cooking class to employees on a quarterly basis.

13. Offer health snack options in office candy dishes.

14. Post nutrition tips in company newsletters.

15. Offer onsite weight management programs, such as Weight Watchers.

16. Offer a produce market or produce drop off point monthly or bimonthly; use local farmers to sell fresh fruit and vegetables on site/drop off during the spring and summer.

17. Offer nutrition lunch-in-learns. Bring in a registered dietitian or health educator to lead the class.

18. Encourage visiting reps/vendors to bring healthy foods for the staff, instead of things like donuts or sugary pastries.

19. Develop a cookbook of employees’ low-fat recipes; exchange recipes and feature healthy employee recipes periodically on the cafeteria menu.

20. Ensure that your catering vendor has healthy food choices to order for meetings and events.



LiveWell Greenville At Work

PO Box 2284 • Greenville, SC 29602 • Phone: (864) 230-6127 • www.LiveWellGreenville.org