

PartnerSHIP 4 Health

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www.partnership4health.org

Nutrition Policy, Systems, and Environmental Changes: Opportunities in Worksite Wellness



Why Consider Nutrition Changes?

Healthy employees are good for the bottom line

Employees feel more productive and have more energy when they eat better

Employees are more likely to make better food decisions when the environment supports healthy choices



Best Practice: A Healthy Food Environment Policy

- A policy shows a company's commitment to providing a healthy environment
- A policy could address the **availability**, **identification**, and **appeal** of healthy food and beverages



How a policy addresses **availability** of healthy options:

- Percentage of foods in cafeteria meet guidelines of healthy choices
- Percentage of foods in vending machines meet guidelines of healthy choices
- Foods and beverages offered at meetings, catered events and break rooms will include healthy options
- Only healthy foods will be offered in a healthy snack station



How a policy affects **identification** of healthy options:

- Nutrition labeling program in cafeteria and vending machines
- Placement of healthy foods and beverages in cafeteria and vending machines
- Placement of healthy foods in catering menus and buffet lines at employer-sponsored events
- Promotion of healthy foods and beverages with signs, etc



How a policy affects **appeal** of healthy foods:

- Measure and monitor employee satisfaction with taste of food and beverage offerings
- Price healthy foods and beverages the same or less than those not meeting the healthy guidelines



Quick – Start Ideas

Easy ways to start making changes now!

- Add fresh fruit and vegetable vending in staff lounge or in individual departments
- Add more healthy options to cafeteria line
- Change pricing in vending and/or cafeteria: raise price of unhealthy options and have lower prices for healthy options
- Start a healthy eating board in breakroom with nutrition information, healthy messaging, and healthy recipe ideas
- Host a CSA drop-site at your workplace



Healthier Options in Vending Machines



Contact your vending company to discuss placing more healthy options in machine.

Consider adopting a policy with a minimum percentage of healthy options

Consider product placement; display healthiest vending options at eye level



Promote healthy options by using signage or identify healthy items on machine



Pricing Strategies – Vending Machines



Work with vending company to determine if pricing structure can be adjusted; have higher prices for unhealthy items and lower prices for healthy items



Healthier Options in Staff Cafeterias



Place healthiest items in high-traffic areas in the cafeteria

Consider using a nutrition labeling program for items in cafeteria



Consider a healthy value meal—side of fruit or vegetable



Pricing Strategies – Employee Cafeterias



Cake
\$2.00

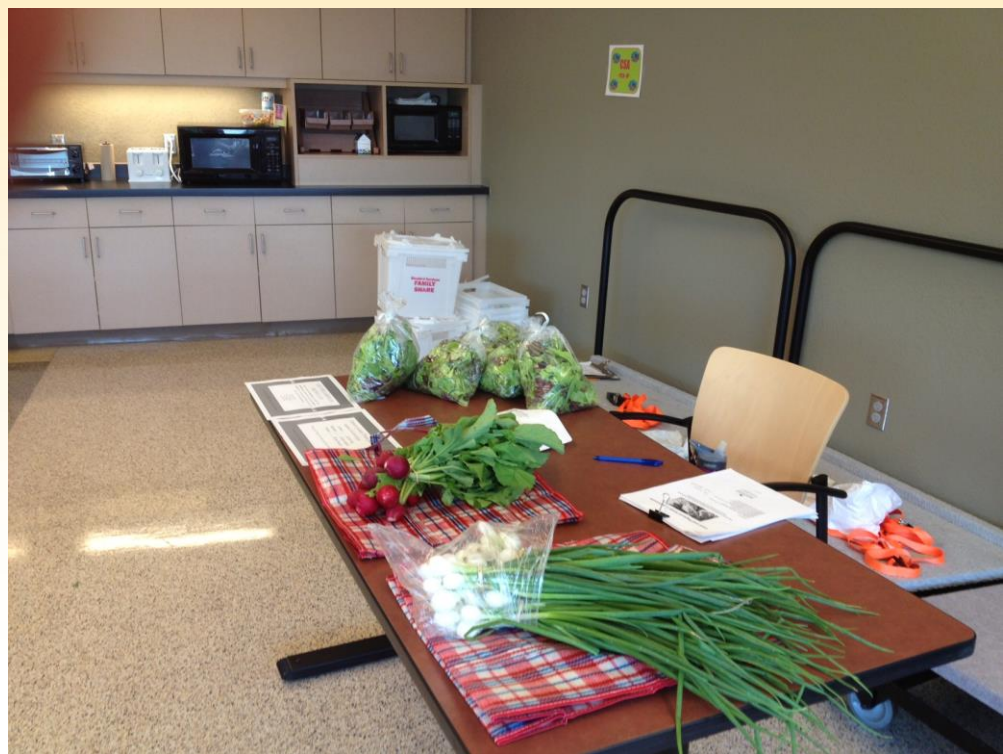
Work with cafeteria manager to determine if pricing structure can be adjusted; have higher prices for unhealthy items and lower prices for healthy items



Fruit
\$1.00



Mini Farmers Market at Government Services Center, Fergus Falls





Fruit and Vegetable
Vending
Government Service
Center—Fergus Falls
and Family Service
Center—Clay County



CSA Drop-Site at the Workplace



Consider hosting a drop-site for a CSA (Community Supported Agriculture) at your workplace. Employees and/or the public could purchase a weekly CSA share and have the convenience of picking it up right at the workplace.



Worksite Gardens

PioneerCare – Fergus Falls

Government Services Center-
Fergus Falls



Bulletin boards in employee break rooms



Dinner

Grilled Salmon with Lemon Quinoa

Directions:

Bring pot of water to boil. Add quinoa, reduce heat to low, and simmer for 15 minutes. Meanwhile, grill salmon for 4-6 minutes/side. Top with salt when done and let sit for 5 minutes. Combine juice from lemon with Dijon mustard, parsley, and garlic. Place salmon atop bed of quinoa and top with sauce.

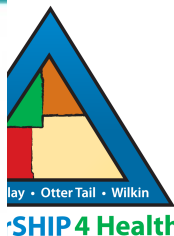
Serve with a fresh salad: combine 2 cups romaine lettuce combined with 2 T olive oil, 1 T vinegar, and whatever other fresh veggies you want.

Nutrition facts: 653 Calories, 39 g Fat, 32 g Carbs, 4 g Fiber, 29 g Protein, 262 mg Sodium



Ingredients:

- 4 oz. sockeye salmon
- 1 clove garlic
- 1 lemon
- 1 tsp. Dijon mustard
- 2 T. fresh parsley
- 1/4 cup quinoa
- 1/8 tsp. salt



Action Plan

- Consider some Quick-Start Ideas for easy changes in improving the nutrition environment
- Review healthy food environment policy example

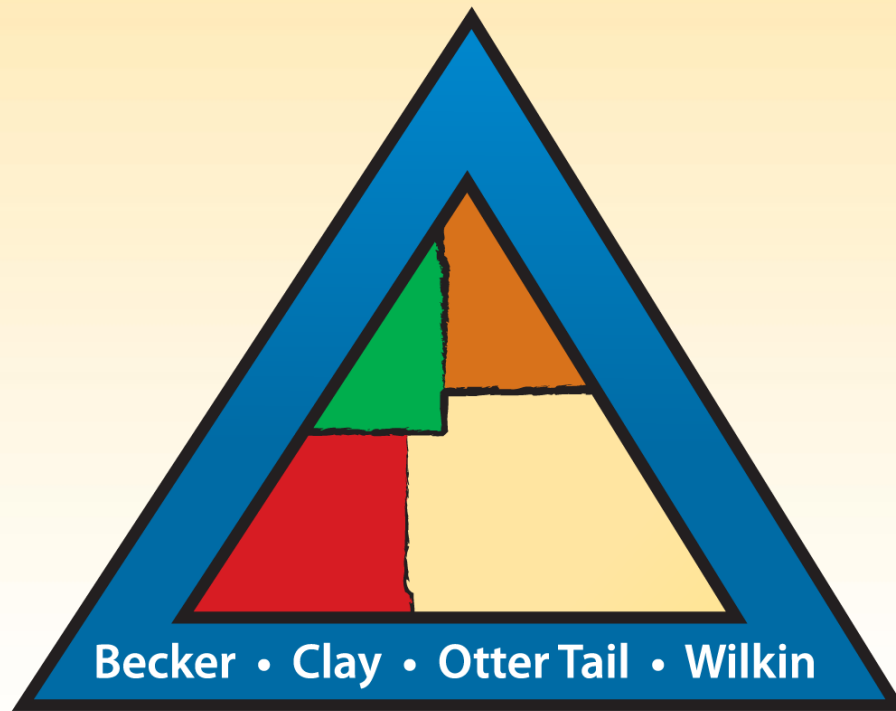


Discussion

Are any worksites
currently doing any of
these examples?

Any ideas to consider?





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