

What are the benefits of a nutrition-based health promotion program in the workplace?



Benefits for the workplace:

- Improved employee health and reduced health benefit claims
- Increased employee productivity, satisfaction and morale
- Increased employee recruitment and retention
- Enhanced corporate image and reputation

Benefits for the employees:

- Improved overall well-being
- Increased energy
- Increased ability to cope with stress
- Reduced risk of chronic diseases

The *Nutrition Works* program is one of the many services that York Region workplaces can access through the Workplace Wellness program.

Nutrition Works is a comprehensive workplace health program offered by York Region Community and Health Services. It supports workplaces in optimizing the health of both the employees and the organization.



For more information on other services offered by Workplace Wellness please call
York Region Health Connection

1-800-361-5653

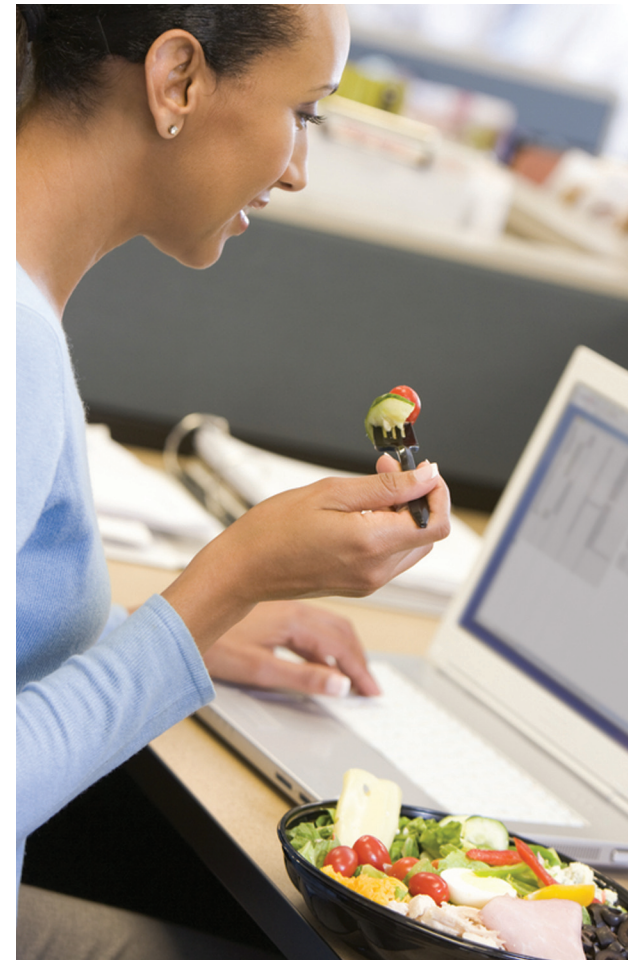
or visit

www.york.ca/workplacewellness

A healthy eating program for workplaces in York Region

nutrition WORKS

A healthy workplace is a great investment





What is *Nutrition Works*?

Nutrition Works is a healthy eating program for workplaces in York Region.

What is the goal of *Nutrition Works*?

The program aims to contribute to the reduction of nutrition-related chronic diseases and conditions such as cancer, heart disease and type 2 diabetes.

How is this achieved?

The *Nutrition Works* program supports workplaces by:

1. Surveying the nutritional needs of the workplace
2. Customizing a comprehensive nutrition program
3. Engaging employees in a variety of nutrition-related initiatives and evaluating the impact of the program
4. Providing ongoing support and guidance

How does the program work?

York Region Community and Health Services will work in partnership with workplaces that are committed to promoting nutrition.

A York Region Public Health Nutritionist will work with you to customize a program to suit your unique workplace needs. The program offers a range of activities and strategies to ensure a comprehensive and effective approach.

Workplaces can participate in:

- A variety of activities that promote healthy eating
- Identifying ways to create an environment that is conducive to healthy eating
- Developing guidelines to make healthy eating easier at work
- The Eat Smart! Ontario's Healthy Workplace Program



What activities does *Nutrition Works* offer?

- Consultation services for choices offered in the cafeteria, vending machines and catered events
- Launch event and displays
- Fun challenges
- Educational lunch 'n learns
- Informative fact sheets and paycheque inserts
- Posters that promote healthy eating

