

# Steps to your *Nutrition Works* program

There are four steps to help you begin promoting nutrition in your workplace. York Region Community and Health Services will support and consult with you in the planning, implementation and evaluation of your program.

## Step 1 Ground Work

- Obtain management support for the *Nutrition Works* program
- Establish a Workplace Health Action Team (if one does not already exist)

## Step 2 Gathering Information

- Complete a Situational Assessment
- Conduct an Employee Interest Form

*This will help you plan a nutrition program customized to your workplace needs and interests.*

## Step 3 Planning For Action

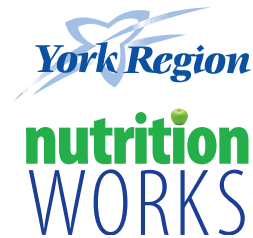
- Develop an action plan
- Obtain management support for the action plan

*This will help organize your plans and activities for the duration of your program.*

## Step 4 Taking Action

- Implement program activities
- Participate in evaluation

*This step provides an overview of your accomplishments and helps guide future direction.*



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](http://www.york.ca/workplacewellness)

*A healthy eating program for workplaces in York Region*

# nutrition WORKS

*A healthy workplace is a great investment*



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

## Principles of a Successful Nutrition Program

The *Nutrition Works* program was developed based on best practice research. Research shows that an effective nutrition program includes:

- A comprehensive approach with multiple strategies
- Activities targeting the employee and the nutrition environment in the workplace
- A partnership approach to planning and implementation
- A commitment to a longer-term, more intense program rather than one or two isolated activities

## Activities to create a supportive workplace environment

A supportive workplace environment reinforces and encourages employees to eat healthy, be active and maintain a healthy weight. Achieve the highest nutrition advantage by creating healthy eating guidelines and an environment that is supportive of healthy eating. Engage in the following activities to enhance healthy eating practices among employees, and show your commitment to employee health and well-being.

### Activities

**Eat Smart! Ontario's Healthy Workplace Program (For workplaces with a cafeteria)**



### Description

Apply for the Eat Smart! award. This is a yearly award of excellence program that promotes food safety and encourages the availability of healthy food choices. Having healthy choices in the cafeteria is an important step to improving the nutrition habits of employees.

**Table top nutrition messages**

A variety of 5"x7" nutrition messages that can be displayed on dining tables in the cafeteria and lunchroom.

**Vending machine guidelines**

What's in your vending machines? A Public Health Nutritionist will consult with you and/or your vending machine supplier to help ensure healthier food and beverage choices are available.

**Healthy eating guidelines**

The food and beverage options available at meetings, catered business lunches and events can have an impact on employee health. A Public Health Nutritionist will consult with you to help develop healthy eating guidelines that suit your workplace.

**Physical environment enhancement**

Enhance the physical environment in your workplace to support healthy eating. A Public Health Nutritionist will support you in the assessment of the current workplace environment and provide specific recommendations for change. Suggestions might include adapting space for storing and eating foods (i.e. fridge, microwave, inviting area for staff to eat, outside seating).



## Activities to build awareness and educate employees

Activities aimed at raising employee awareness will increase participation and interest in the program. York Region Community and Health Services will provide materials for education activities that will increase employees' knowledge and skills around specific nutrition topics.

### Activities

**Program launch/event**

### Description

Launch your program with an event. The event may include displays, posters, games and give-aways. An event brings attention to the details of the program and builds interest.

**Lunch 'n Learns**

Offer one-hour workshops facilitated by a Public Health Nutritionist. Choose from a variety of topics such as *Super Foods for Optimal Health*, *Look at the Label*, *Healthy Eating on the Go*, *Healthy Weight: Weighing in on Dieting*, *Shift work and Nutrition*, *Healthy Eating for Your Active Lifestyle*, and *What's in Your Child's Lunch Bag?*. **Minimum 15 participants are required per workshop.**

**Challenges**

Engage employees in fun and interactive challenges such as a breakfast challenge, a vegetable and fruit challenge or a healthy lunch challenge.

**Fact sheets**

Communicate health messages to your employees by regularly distributing fact sheets or insert ready-to-use articles into your newsletter or post on your Intranet.

**Paycheque inserts**

Capture the attention of your employees with ready-to-use pay cheque inserts. They can also be left in employees' mail boxes, posted on bulletin boards or sent electronically.

**Posters**

Deliver nutrition and health eating messages with signs and posters.

