



Sample Topic: **HEALTHY EATING & NUTRITION**



AWARENESS RAISING ACTIVITIES	EDUCATION & SKILL-BUILDING ACTIVITIES	ENVIRONMENTAL SUPPORTS	SUPPORTIVE POLICIES
<p>Distribute credible information on your workplace wellness bulletin boards, by e-mail or on your intranet such as:</p> <p>Recipes, menu planners, videos, quizzes and other printable information sheets from Unlock Food</p> <p>Posters, factsheets, recipes, social media content for Nutrition Month in March or other resources from the Dietitians of Canada</p> <p>Recipes, tips, posters, videos, and resources from Canada's Food Guide</p> <p>Factsheets from the Canadian Cancer Society</p>	<p>Host a Lunch & Learn, education session or food skills demonstration led by a dietitian. Contact cdip@wechu.org call 519-258-2146 ext. 3200 for a list of possible speakers.</p> <p>Host an archived Healthy at Work webinar from the Windsor-Essex County Health Unit:</p> <p>Take the Fight Out of Food</p> <p>Eating Well for a Healthy Gut</p> <p>Curb Your Stress, Eat Well</p>	<p>Offer a variety of healthy food choices in the cafeteria, vending machines, at meetings, and at special events.</p> <p>Provide a refrigerator and microwave in break areas so employees can bring healthy lunches from home.</p> <p>Provide credible nutrition information in the employee eating area.</p> <p>Reduce the sale of sugary drinks and sweets in the cafeteria and vending machines.</p> <p>Make water available by placing pitchers around the table at meetings or special events.</p> <p>When planning a fundraiser, consider ways to fundraise without food, such as donating to participate in dress-down days. If food is sold, offer a variety of healthy choices.</p>	<p>Healthy Meetings/ Meet Smart Policy</p> <p>Healthy Vending Machine Policy</p> <p>Healthy Eating at Work Policy</p> <p>Add Dietitian coverage to the list of health service providers covered by your benefit plan.</p>