

Real Employee Strength

Developed by the Allen County Health Department

March 2011

Manager's Companion

Topic: Healthy Eating

As you look around your workplace, these are a few tips you as a manager can influence to support safer, healthier employees.

We promote healthy eating.

There are several ways that your workplace can help your employees eat healthier:

Incorporate healthier options into meetings/functions (Include water, fresh fruits or vegetables, whole grains, smaller portions)	Yes	No
Identify healthier options at the vending machines and cafeteria (Work with your vendor to label healthier choices that meet nutritional standards, such as low fat sandwiches, dried fruit, low fat granola bars, and low fat milk or yogurt)	Yes	No
Subsidize healthier options (Check with your vendor to see if they will work with you to price healthier options at a lower price and increasing the price of less healthy options - e.g. selling an apple at \$.50 and potato chips at \$1.00)	Yes	No
Provide encouragement for nutritious eating (Leadership promoting nutrition to employees, such as a salad bowl lunch, tasting events, incentives that emphasize nutrition such as fresh fruit instead of candy to celebrate birthdays, resources available to promote nutrition – Weight Watchers at work, or wellness programs)	Yes	No

We promote fresh fruits and vegetables from local farmers.

March is a good time to contact local farmers and fruit and vegetable growers to see if they can offer samples or sell their products onsite.

We post signs/posters about healthy eating.

Here's a [link](http://www.eatsmartmovemorenc.com/NCHHealthSmartTIkt/EatSmartWrkBk.html) <http://www.eatsmartmovemorenc.com/NCHHealthSmartTIkt/EatSmartWrkBk.html> to some free posters.

REAL EMPLOYEE STRENGTH – Strength Through Health