

# Promoting Healthy Nutrition in the Workplace

## TIPS

KIT for HR  
Employee  
Experience  
Architect

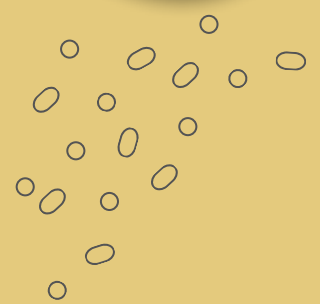


# 1

## Encourage Hydration

Promote the importance of staying hydrated by encouraging employees to drink water throughout the day.

Provide water stations and reusable water bottles to make it convenient.



# 2

## Offer Healthy Food Options

Revamp the office cafeteria and vending machines to include healthier food choices like salads, grilled chicken, fruits, and vegetables.

Eliminate junk food to help employees develop better eating habits.

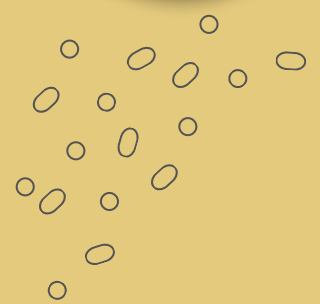


# 3

## Start a Healthy Snack Club

Create a monthly club where employees can enjoy a variety of healthy snacks.

This keeps healthy eating exciting and helps avoid monotony in diet choices.



# 4

## **Provide Nutritious Snacks**

Make healthy eating easier by offering nutritious snack options in the workplace.

Partner with healthy meal delivery services or provide healthy vending machine options.



# 5

## Organize Nutrition Workshops

Host workshops or cooking classes focused on nutrition and healthy eating.

This provides employees with valuable knowledge and practical skills for maintaining a healthy diet.

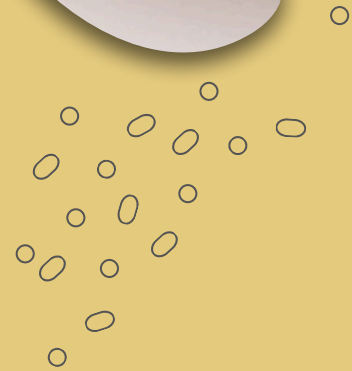


# 6

## Partner with Local Vendors

Collaborate with local vendors to offer nutritious lunch options.

This can include catering services that provide balanced meals or discounts at local health food restaurants.



# 7

## Introduce Healthy Eating Programs

Launch programs that provide nutritious snacks, host healthy cooking classes, or offer incentives for choosing healthier meal options.

Encourage employees to eat more fruits and vegetables and prepare healthy vegetarian meals.

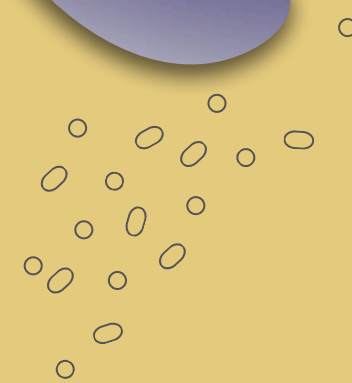




# 8

## Substitute Processed Snacks

Replace candy bars and other processed snacks in the office with healthier options like carrots, apples, nuts, and whole-grain snacks.



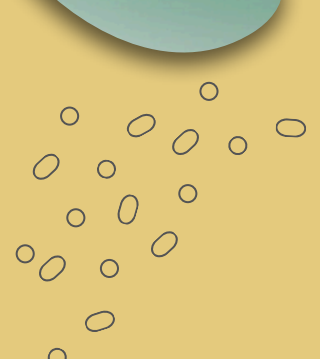
# 9

## Support Remote Workers

Recognise that remote employees may struggle with unhealthy snacking.

Implement a healthy eating program that provides better snack options, tracking calories, and nutritional information.

Consider reimbursements for nutritional supplements or a tracking app to support their wellness.



# 10

## Reimbursement Programs

Offer reimbursements for employees who purchase nutritional supplements or use apps to track their diet and nutrition.

This can encourage employees to make healthier choices even outside the workplace.



# 11

## Educational Campaigns

Run educational campaigns about the benefits of a balanced diet and how to make healthier food choices.

Use newsletters, posters, and email campaigns to disseminate this information.



# 12

## Get Wember to sort it all out

Wember provides comprehensive wellness solutions for companies, utilizing technology to offer wellness monitoring, employee activation, and incentivization programs encompassing various well-being dimensions, including physical, mental, and environmental well-being, thus fostering a healthier, more engaged workforce.

