

Sample policies on healthy eating Examples of existing workplace healthy eating policies that can support your workplace policy development. One example is the City of Hamilton Public Health Services Healthy Food and Beverage Policy.

Healthy Workplace Resources Request information:

Contact Person:

Contact Number/email:

Date materials required:

Please make sure to check off the resources that you are interested in and send your requests by email workplace@hamilton.ca or print off the form and fax **905-546-3658**

Resources will be sent electronically where possible.

For more information please contact:

web: www.hamilton.ca/workplace

tel: 905-546-4680

email: workplace@hamilton.ca

Healthy Workplaces Making it Easier.

A comprehensive list of resources available to workplaces to assist with health and wellness programming.

Healthy Eating/Nutrition

2009/2010 Resource Series



Hamilton

Public Health Services

[Awareness raising activities & ideas](#)

Handouts

- Eating Well with Canada's Food Guide**

Displays*

- Vegetable and Fruit Display**

Encourages consumption of more vegetables and fruit. Identifies the size of 1 Food Guide Serving and includes handout pamphlets.

- Sodium Display**

Reveals the sodium content of everyday foods. The display provides some guidelines for reducing sodium in your diet.

** We will require some additional information before displays can be confirmed through email/telephone*

[Ideas to promote in your workplace](#)

- Vegetable and Fruit Challenge**

A one week challenge/contest that can be easily promoted in your workplace. A fun way to get employees eating the recommended Food Guide servings of vegetables and fruit each day.

- Healthy Eating Simplified** (self-run presentation)

Self-run PowerPoint presentation in CD format. The presentation can be uploaded onto your intranet, sent through email or saved on one computer station for independent reviewing by employees. A quick and easy way to get out some reliable and useful healthy eating information.

- Fact Sheets/Handouts** (electronic copies)

Provide healthy eating tips to include in interoffice communications (*emails, intranet, memos, bulletin boards, and pay stub messages*) to promote healthy eating.

[Presentations & skill building opportunities](#)

A Registered Dietitian can talk to your workplace about:

- Healthy Eating for overall good health
 Vegetables and Fruit – importance of eating more Vegetables and Fruit
 Sodium – importance of lowering the sodium in your overall diet
 Preventing Diabetes through healthy eating
 Other Topics of Interest

Note: presentations subject to staff availability and a minimum attendance of 25 participants.

or

A Community Food Advisor (trained volunteer) can provide:

Presentations or food demonstrations on quick and easy meals, planning nutritious breakfasts, lunches or snacks and more.

For more information contact 905-777-3837 ext. 12399

Note: presentations subject to volunteer availability (volunteers unavailable for the months of July and August) and a minimum attendance of 15 participants.

[Creating a supportive environment](#)

- Eat Smart! Workplace Cafeteria Program**

This provincial program is designed to enable workplace cafeterias to provide and promote healthy eating and food safety. A Registered Dietitian can meet with you to explain how the program works and how your workplace cafeteria can qualify for the award of excellence.

- Consultations for healthy eating in the workplace**

Meet with a Registered Dietitian who can help you consider different ways to support making healthy eating choices at work (e.g. healthy choices in cafeterias, vending machines, at meetings, social functions and catered events.) These healthy eating choices can be supported with additional resources such as factsheets and handouts.

- Policy support**

Meet with a Registered Dietitian who can help you develop a healthy eating policy for your workplace that is easy to adopt and meets the needs of your employees.