



Tips for Healthy Eating Policy Development

healthy eating

A healthy eating policy is a written document that defines an organization's support for and commitment to providing opportunities for employees to eat well. It should outline the physical, personnel and financial resources the organization will commit to helping employees.

As with any workplace policy, the secret to successful implementation lies in the criteria's relevance, how readily they can be put into operation and evaluated, their scope in encouraging employee involvement, and their flexibility. Whether new policies are created, or existing policies are revised, policies should be developed in consultation with employees, provided in writing well in advance of the effective date, and subject to fair and equal enforcement.

Questions to Ask:

- What are our workplace's current healthy eating policies?
- Do our policies or procedures promote and/or support healthy eating for employees? For example, are healthy foods provided at meetings as an option instead of sugary, high-fat sweets?
- Does the organization formally recognize employees who participate in our healthy eating initiatives?
- Do we have access to appropriate resources that promote healthy eating in the workplace?

Consider Including the Following Points in Your Policy:

- Vending machines with limited – or no – unhealthy food choices (e.g., foods that are high in sugar, fat or sodium, or sugary drinks).
- Canteens and cafeterias with limited – or no – unhealthy food choices (e.g., foods that are high in sugar, fat or sodium, or sugary drinks). Check Canada's Food Guide for suggestions on healthy choices.
- A comfortable and welcoming space to eat that supports bringing food from home and proper food safety, i.e. refrigerator, microwave, sink, etc.
- Incentives for healthy eating. Use price or other incentives to encourage healthy eating choices.
- Access to nutrition resources so that employees can easily find advice on nutrition, weight control and disease prevention.
- Healthy food and meal options for all meetings and events. Try the [Eat Smart, Meet Smart](#) resource for healthy eating at meetings suggestions.

Sources:

[About the Third Expert Report Brant County Health Unit](#), [Building a Healthier Workplace](#)