



## Ideas and Suggestions for Supporting Healthy Eating at Work

### healthy eating

- Create your own workplace policy on healthy eating using the samples and tips from the “support” section of the healthy eating module on the [Healthy Workplace](#) website.
- Use points-of-decision prompts. These are cues posted at strategic locations where individuals can make a choice about their eating habits. Post signs in elevators, washrooms and lunchrooms to encourage healthy choices.
- Provide lunchrooms with adequate space and equipment for employees to prepare healthy lunches. Have a refrigerator and microwave so people can bring healthy lunches from home.
- Provide purified or chilled water in coolers or in large jugs in the refrigerator. Avoid using plastic water bottles.
- Provide healthier options in vending machines and cafeterias. Information about healthy vending machine options can be found [here](#) and the [Brand Name Food List](#).
- Work with cafeteria staff to provide nutrition information at points of purchase. Create fun, colorful stickers that identify healthy food choices.
- Develop guidelines on foods provided at meetings. Visit [Healthy Families BC](#) to learn more about the [Eat Smart Meet Smart program](#) or the [Canadian Cancer Society Eating Well at Meetings](#) suggestions.
- When food or drinks are provided at meetings, be sure to provide healthy options. Help keep your meetings focused by ordering foods that are tasty but low in calories, not too filling and low in sugar. For more information visit the Healthy Eating ‘support’ section of the [Healthy Workplace](#) website.
- Provide incentives through cash reimbursements for appointments with registered dietitians. Refrain from using unhealthy foods as incentives or rewards.

### Theme Periods

Look out for national or provincial theme weeks and promote them. For example:

- [Canada's Healthy Workplace Month](#) takes place in October. [March is Nutrition Month](#).

#### Sources:

[Cancer Care Ontario Review of Nutrition and Physical Activity Interventions for Cancer Prevention](#);  
[Canadian Cancer Society Tips on Eating Well at Meetings](#)