

EDUCATIONAL RESOURCES

Healthy Eating



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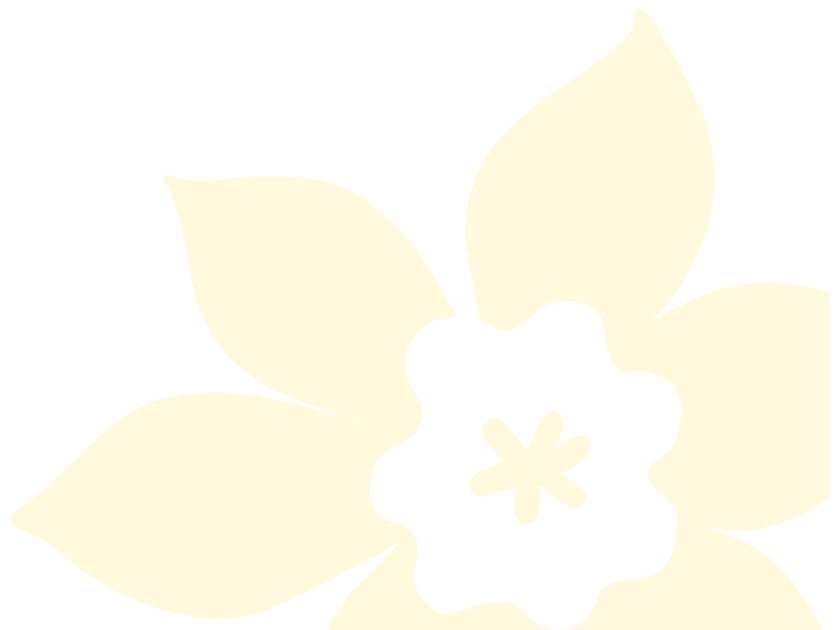
Module Tools - Educate

healthy
eating

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Here you will find educate resources with useful information and tips on healthy eating to share with employees. The following documents are included;

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Ideas and Suggestions to Promote Healthy Eating at Work

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- **Post information about the importance of healthy eating on bulletin boards.** Download information and fact sheets from the “educate” section of the healthy eating module on the [Healthy Workplaces](#) website.
- **Include information on healthy eating in short articles** for internal newsletters, staff emails or pay cheque inserts.
- **Use email or the company intranet** as a way for staff to share healthy recipes or offer tips on healthy eating.
- **Post a list of nearby restaurants** that offer healthy food choices. Check out [Informed Dining](#) for a list of restaurants that supply nutritional information.
- **Have a dedicated area** for displaying information, pamphlets or videos about healthy eating.
- **Provide opportunities for employees to meet with qualified nutritionists or registered dietitians** to learn about setting personal healthy eating goals. In BC, call 8-1-1 to speak with a registered dietitian or link to [Find a Dietitian](#).
- **Promote healthy eating rather than dieting in the workplace.** Healthy eating means eating a variety of foods every day and being mindful of how much and how often we eat. Try the [Half Your Plate](#) website for a collection of resources to share with your employees on how they can eat well at work and at home.
- **Organize Lunch ‘n’ Learn sessions on healthy eating.** See our Tips for Organizing a Lunch and Learn Session in the “Support” section for more information.
- **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](#).
- **Post these five fact sheets around your office** created by the Dietitians of Canada.
 - > [Tips to keep you satisfied on your commute home](#)
 - > [Breakfast tips when you're in a hurry](#)
 - > [Healthy options at meetings and events](#)
 - > [Tips to keep lunch at work interesting](#)
 - > [Tips to avoid the mid-afternoon slump](#)



Eating Well – Work Edition

It can be tricky to eat well when you've got a busy day at work. The key is to plan ahead by packing a healthy lunch and snacks to keep you going all day long. If you're eating out, make healthy choices that will elevate your workday, not bring it to a sleepy halt. And drink plenty of water throughout the day.

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Breakfast

- yogurt with a piece of fruit or topped with nuts and seeds
- oatmeal and fresh fruit
- whole grain cereals with milk
- whole grain toast or mini-bagels with a nut butter or fruit spread

Lunch

Meals that are high in calories and fat can make you feel sluggish. To avoid an afternoon slump, choose satisfying lunches that energize you instead of dragging you down.

- lean meat or vegetarian sandwich and vegetable-based soups or broths
- salads with a protein like tuna, hard-boiled egg or grilled meat with vinaigrette dressing on the side
- open-faced sandwiches or wraps using whole grain bread
- rice bowl with vegetables and lean meat
- leftover pasta, stew, curry, stir-fry or other meal from the night before

Snacks

Boost your energy level with regular fuel throughout the day.

- vegetable sticks and whole wheat pita with hummus, tzatziki or black bean dip
- fresh fruit and granola
- plain popcorn
- unsalted trail mix
- whole grain snack bars

If you're attending a conference or catered meeting

- Avoid doughnuts, monster muffins and large cookies. Choose fresh fruit or a lower-fat yogurt instead.
- Avoid ready-made salads with lots of dressing or mayonnaise. Choose leafy greens with a lower-fat dressing or vinaigrette on the side.
- Choose water instead of pop and sugary drinks. Drinking water is important for your body to work properly.
- Use milk in your tea or coffee instead of cream.
- Don't eat just for the sake of eating or to fill the time at breaks. If you're not hungry, get active rather than having a snack.



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Canada's New Food Guide

Canada's Food Guide recommends that you eat a variety of healthy foods each day. This includes:

- plenty of vegetables and fruit
- protein foods
- whole grain foods

Canada's Food Guide is a handy tool that helps you make healthy choices and eat well.

What your plate should look like:

Fill half your plate with vegetables and fruit, a quarter with whole grain foods and a quarter with protein foods. Check out Canada's Food Guide resources to learn more about food choices and eating habits.





Eating Healthy on a Budget

healthy eating

Shopping and cooking

- ✓ Plan healthy meals and snacks for a week, then make a shopping list and stick to it.
- ✓ Eat fewer processed, packaged foods. They're often more expensive and less nutritious than fresh foods.
- ✓ When you see foods on sale that will last a long time, buy extra. Dried or frozen foods will keep for a long time.
- ✓ Fill a spritzer bottle with oil and use it for cooking. This uses less oil.
- ✓ Cook food in batches and freeze – you'll save time as well as money. You can use leftovers to make soups and casseroles to eat over the next day or so.

Vegetables and fruit

- ✓ Buy fresh vegetables and fruit when they're in season or on sale, then cut them up and store them in the freezer.
- ✓ Frozen, dried and canned produce is just as good as fresh. Look for canned vegetables that are low in sodium and fruit packed in juice, not syrup.
- ✓ Consider growing some of your own ingredients. If you don't have a garden, you can plant some easy-to-grow herbs or tomatoes in a window box.

Grains

- ✓ Buy whole grain breads, pita or tortillas on sale and store them in the freezer.
- ✓ Stock up on grains like brown rice, quinoa, oats or whole wheat pasta in large amounts.

Meat and alternatives

- ✓ Try meatless meals twice a week. Soy, beans, lentils and other legumes are good sources of protein.
- ✓ Buy chicken with skin on and bone in. You can remove these yourself at home.
- ✓ Choose frozen fish, shrimp and other seafood instead of fresh. Canned tuna or salmon is another affordable option.

Dairy products

- ✓ Look for dairy alternatives like almond or coconut beverages on sale. They usually last longer in the fridge than cow's milk.
- ✓ Buy blocks of cheese and shred or slice them at home.

Additional Tips and Ideas

Set a budget

- ✓ Decide how much you will spend on groceries each week or month.

Stick to your list

- ✓ Buying only what is on your grocery list will help you cut down on impulse buys.



Shop for sales

- ✓ Check out flyers, coupons, mobile apps and websites for deals on foods that are on your list.
- ✓ Look for reduced prices. Products getting close to their best before dates and oddly shaped or slightly bruised produce may be offered at a lower price or discount. These products are just as healthy as “perfect” varieties and buying them also helps reduce food waste.

Compare prices

- ✓ Compare the unit price on the label to know which product is less expensive.
- ✓ In grocery stores where price-matching is offered, use flyers or apps like Flipp to price match products on sale.
- ✓ Scan different shelves. Companies pay more to place their products at eye level. You may find other versions of the same foods on higher or lower shelves.
- ✓ Compare prices on generic and brand name products to see if there is a difference before choosing.
- ✓ Foods sold in single-serve packaging can cost more. Buy the full size or family size version and divide it up yourself.

Stock up

- ✓ Stock up on canned goods and staples when they are on sale.
- ✓ Extend the shelf life of sale products. Freeze:
 - fish
 - fruit
 - vegetables
 - whole grain bread
 - lean meats or poultry
- ✓ Buying foods in bulk can help you save money. Be careful not to buy more than you need, because this can lead to waste.

Consider the season

- ✓ Fresh vegetables and fruit are usually less expensive when they are in season.
- ✓ Frozen and canned vegetables and fruits are also healthy options. They can be less expensive than fresh produce when it is out of season.

Choose plant-based protein foods more often

- ✓ Beans, lentils and other legumes are inexpensive protein foods. Use them in your meals several times a week.

Limit highly processed foods

- ✓ Limit highly processed foods. These are usually low in vitamins and minerals and can cost more.
- ✓ Prepare foods at home. Although they can save time, prepackaged foods such as grated cheese and pre-seasoned meat cost more.

Explore grocery stores

- ✓ Shop at discount grocery stores, which offer lower prices.
- ✓ Avoid grocery shopping at convenience stores, which are more expensive.



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- ✓ Check with your grocery store to see if it offers any discounts. Some stores feature a “seniors’ day” or a student discount day with special discounts.

Sources: Canadian Cancer Society

