



Promote Healthy Food Choices at the Workplace

WHY this is important

Over 60 percent of employed adults in Vermont are overweight or obese, and more than 80 percent do not eat the recommended amounts of fruits and vegetables a day.

Healthy eating improves overall wellness and decreases obesity and other chronic disease risk. Worksites can play an important role in promoting healthy eating and making sure healthy food options are available to employees at meetings and events and in vending machines and cafeterias.

HOW to support this outcome

- Implement healthy food and beverage policies for meetings.
- Provide refrigerators, microwaves and break areas. Encourage a culture where staff regularly take their lunch break.
- Provide access to free water available throughout the day.
- Support healthy choices from vending machines and cafeterias by:
 - using competitive pricing to make healthier choices more economical in vending machines or cafeterias.
 - implementing healthy vending machine and cafeteria standards to increase the percentage of healthy options that are available.
 - using signs or symbols to make healthy choices stand out, and make nutrition information available for foods and beverages.

- Provide incentives for participating in nutrition and/or weight management activities.
- Include employee's family members in campaigns that promote healthy nutrition.
- Support local food initiatives by:
 - offering an on-site Community Supported Agriculture (CSA) program.
 - organizing a worksite garden—consider accessibility issues to make sure the garden can be accessed by individuals with disabilities.
 - providing local food in the cafeteria.
 - subsidizing or discounting a CSA program.
 - exploring opportunities with local farms for a mobile or on-site farmers market.

Highlighted activities offer the highest impact.

WHERE to go for resources

- Get worksite garden support at Vermont Community Garden Network: www.vcgn.org
- Find a CSA program: www.nofavt.org
- For healthy vending tools: www.nems-v.com/
- Vermont 2-1-1 (dial 2-1-1)

Toolkit ▶ *Sample Nutrition Policy Template*

For more info ▶ The Vermont Department of Health is here to help. Contact the district office near you: www.healthvermont.gov/local.