



Why should YOU support a healthy food environment at work?

Do you ever use the vending machine, get coffee from the break room, buy food from your worksite cafeteria, use a microwave at work to heat up your lunch or eat cookies a coworker brought in?



These are **all** examples of the food environment at your worksite.

The food environment includes all sources of food at work. This can be food that is provided by an outside source like a cafeteria, caterer or vending machine or it can be food that is provided by employees at your worksite.



Research has shown that small changes to the worksite food environment can have big effects on our health.

Eating better helps us to be more alert and productive. It keeps us healthier, leading to using fewer sick days. Healthier eating also makes us feel better overall.



Examples of small changes worksites can make to create a healthier food environment include:

- Adding healthy options to vending machines
- Adopting a healthy food policy
- Making healthy options available for catered events
- Providing educational materials on healthy eating
- Limiting snacks in meetings to healthy alternatives
- Adjusting prices to make healthy options more affordable



Visit  **EATWELLWORKWELL** online to find materials to help you gain support for a healthy food environment at your worksite.

www.eatwellworkwell.org

Updated December 16, 2010