


Workplace strategies to promote healthy eating

The following table provides a range of contact points for resources, ideas and healthy eating promotional materials. Additionally, you will find links to local services that can provide either group or individual support regarding healthy eating.

Ideas to get you started

Strategies	Healthy vision	Healthy places	Healthy people	
Develop a breastfeeding policy (where relevant)	•			Australian Breastfeeding Association Workplace program
Provide nursing mothers a room for breastfeeding/ expressing		•		Breastfeeding Support Toolkit
Include healthy food and drink policy information in staff induction packages	•			
Provide clean amenities for staff meal breaks (microwaves, toasters, refrigerator and sink). Consider off-site staff accessibility		•		Compliance requirements for Amenity provision
Negotiate removal of high sugar and fat foods such as biscuit jars, soft drinks, chocolate or cake from the workplace		•		Healthy Catering Ideas
Sponsor or collect money for a shared weekly fruit box		•		




Improve available beverages: Provide clean fresh tap water, decaffeinated coffee, herbal teas, lower fat milk in all meetings, events and lunchrooms		•	
Communicate healthy food choices and nutrition topics via fact sheets, newsletters, intranet, posters and print materials			<ul style="list-style-type: none"> • SA Health: Healthy Eating Tips Australian Dietary Guidelines Go for 2&5 Heart Foundation: Healthy Eating DAA Smart Eating for You Rethink Sugary Drinks A shift workers guide to nutrition SA Health Keeping your Food Safe SA Health Healthy Recipes
For specific dietary advice, recommend individuals seek the assistance of a qualified health professional, such as a dietitian			<ul style="list-style-type: none"> • Dietitians Association of Australia: Find a Dietitian
Workplace Employee Assistance Programs (EAP) can often offer additional assistance regarding goal-setting and behavioural change. Promote your workplace program widely			<ul style="list-style-type: none"> • Find an EAP service for your workplace. Also ask your insurers or peak industry association about EAP discounts
Promote local food providers that stock healthy choices for example, local markets fruit and vegetable retailers			<ul style="list-style-type: none"> •
Invite a health professional to run on-site seminars on making healthy food choices			<ul style="list-style-type: none"> • Healthy Workers-Healthy Futures Fact Sheet on Engaging External Service Providers Dietitians Association of Australia: Find an APD Service Providers can provide on-site seminars





<p>Promote and provide work time access to free phone health information and coaching service</p>			<ul style="list-style-type: none"> • 	<p>Get Healthy is a free and confidential phone-based information and coaching service</p> <p>1300 806 258</p> <p>8.00am-8.00pm Monday to Friday (excluding public holidays)</p> <p>Get Healthy can help adults make lifestyle changes in relation to healthy eating, being physically active and achieving and maintaining a healthy weight.</p>
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Building on your program

Strategies	Healthy vision	Healthy places	Healthy people	
<p>Collaborate with meal providers, cafeterias, food delivery suppliers and local food outlets to ensure that healthy choices are easily accessible</p>		<ul style="list-style-type: none"> • 		<p>Heart Foundation Workplace Catering guide</p>
<p>Negotiate for increased healthy choices with vending machine suppliers</p>		<ul style="list-style-type: none"> • 		<p>WA Health: Workplaces and Vending Machines</p>
<p>Initiate healthy or non-food related fundraisers</p>			<ul style="list-style-type: none"> • 	<p>SA Health Healthy Fundraiser Ideas</p>
<p>Become accredited with Australian Breastfeeding Associations' Breastfeeding Friendly Workplace Initiative</p>	<ul style="list-style-type: none"> • 			<p>Australian Breastfeeding Association</p>
<p>Host workplace challenges such as healthy lunch competitions and fruit and vegetable weekly challenges. Encourage team or multi-site competition with incentives</p>			<ul style="list-style-type: none"> • 	<p>Resources and activities to promote change</p>





Host regular events such as fundraising morning teas, encouraging mainly healthy food choices			•	SA Health Healthy Fundraiser Ideas
Consider activities such as: -Fruit and vegetable tasting sessions -A cooking seminar series or healthy food fair -Shared lunch days at regular intervals throughout the year This can be a way to try new foods and methods of cooking			•	
Sponsor the production of a healthy food cookbook with staff recipes. Consider it as a fundraiser			•	Cancer Council's Healthy Fundraising Guide
Work with your local greengrocer or farmers market to access fresh and affordable produce and support your healthy eating program strategies			•	South Australian Farmers Markets
Ensure that traveling workers have access to facilities and provisions that promote healthy eating behaviours, such as self-contained kitchens, food and drink coolers, suitable budget and food options		•		

