Worksite strategies

HEALTHY FOODS

From organizational assessment, determine gaps and opportunities. Establish goals. Make improvements.

Foundation	**Conduct additional desired audits, such as cafeteria, vending**
Environment	**Create and maintain abundant healthy food choices** across the organization • Includes: Healthy snack station(s), vending, food at meetings and events, cafeteria offerings, foods brought to work for potluck events
Policy	**Healthy foods policy -** could include • Creation and maintenance of a healthy snack station(s) offering only healthy options • Filtered water refilling stations at each work location • Removal of soda/sugar sweetened beverages • [Encourage] Foods brought to work are healthy options • Update, maintain food vending options with at least 50 percent healthy • At least three fruit selections offered daily in cafeteria • At least three non-fried vegetable selections offered daily in cafeteria • A healthy entrée is offered daily in cafeteria • Nutrition information is provided for all foods across the organization • Healthy foods are competitively priced • Healthy foods are labeled with a sticker • Refrigerators, microwaves and sinks are available for all employees • Always serve healthy food/beverage choice(s) at meetings and events • Implement healthy catering booklet that guides managers/staff when ordering food for meetings and events • Provisions for a mobile workforce.
Systems	**Human Resources support and training for managers/supervisors** Could include • RFP services for vending • Quality assurance practices for vending • Catering guide and training for managers/staff • Management of healthy snack station • Labeling and signage
Social Support	**Could include** • Employee survey • Taste testing • Lunch and learns

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statewide health improvement partnership

This document developed based upon the *Healthy Worksites* consulting model at Blue Cross and Blue Shield of Minnesota.