



# Creating

## HEALTHY FOOD ENVIRONMENTS AT WORK

**Creating and supporting healthy food environments is an important part of public health work and can influence how and what workers eat.**

- Implement food service guidelines so that workplace canteens and vending machines offer healthier choices and limit other on site access to sugar sweetened beverages and high calorie foods.
- Improve the quality of foods offered at corporate meetings and events.
- Take a packed lunch to work to prevent poor food choices or skipping a meal.
- Stick to your lunch or break time to avoid unplanned snacking.
- Share healthier versions of favourite homemade goods among colleagues and remove unhealthy foods from your drawers.
- Workplaces can even introduce health and wellness programmes to promote healthy eating and lifestyles among its employees.

**Nutrition Month 2023**