

Inexpensive Ways to Promote Nutrition and Wellness at Work



It's good to be Blue.

Promoting wellness at work doesn't have to be expensive!
See these inexpensive, easy ways to promote healthy eating among your employees:

1

Review employee break room snacks.

Replace traditional break room donuts and pastries with fresh fruit, whole-grain bagels and granola bars.

6

Free fruit Friday.

Offer for employees to take a free fruit from a fruit basket on Fridays as a health promotion activity.

2

Healthy vending machines.

Ask your local vending machine supplier to replace the unhealthy snacks with healthier alternatives, like baked chips instead of regular and mixed nuts instead of cookies.

7

Encourage healthier local restaurants.

Create a booklet or binder with local restaurant menus and highlight the healthier options.

3

Offer nutrition education materials.

Visit nutrition education websites, like nutrition.gov and choosemyplate.gov, for free printable education handouts. Make handouts available to employees around the office.

8

Healthy catering at work events.

Promote good nutrition by only catering healthy meals at work events.

4

Encourage breakfast.

Promoting breakfast among employees is a great way to support good nutrition! Provide a light healthy breakfast to your employees to promote breakfast.

9

Challenge your employees.

Form a healthy challenge among employees, like a healthy recipe competition or weight loss challenge. Offer incentives to ramp up the competition.

5

Support drinking water at work.

Ensure that free water and spill proof cups are available to your employees to encourage healthy hydration.

10

Be a healthy role model.

One of the most important ways to promote wellness at work is for workplace leaders to be healthy role models!