



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #3: Healthy Eating for Holiday Work Parties

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will be introducing a new “Workplace Wellness Idea” each month that employers can implement at low or no cost.

Healthy Eating for Holiday Work Parties: The holiday season is a fun, joyous time to relax and celebrate with colleagues. But it is also a time when it is easy to add extra calories and unwanted pounds. When you have parties at work, encourage your employees to bring healthier versions of holiday favorites to your work parties this holiday season. Here are some ideas for office gift exchanges and holiday events:

- Host a tea and coffee exchange as opposed to a cookie and candy exchange
- Plan an event that focuses on an activity instead of food: ornament decorating or wreath making
- Help your employees indulge in moderation this holiday season by providing helpful tips and recipes

Attached are some easy tips for holiday eating and gift giving strategies for you to implement in your office this holiday season.

For more helpful tips and healthy holiday recipes please visit GetHealthyCT.org or e-mail gethealthyct@gmail.com.

Let's work together to help make the healthy choice the easy choice in the workplace!

Host a Holiday Work Event with Healthier Choices:



- Make sure all food groups are represented
- Serve lean protein with sauce or gravy on the side
- Offer low-calorie drink options such as water and seltzer with fruit
- Bake healthier: Use recipes with unsweetened applesauce or mashed ripe banana instead of butter; try cutting the sugar in half; and substitute spices such as cinnamon, allspice or nutmeg for salt
- “Tweak the sweet:” For dessert, try baked apples with cinnamon and a little sugar instead of apple pie, or have employees make their own parfait with fruit and low-fat yogurt
- Give to others this holiday season by encouraging your employees to provide food or prepare meals for those in need; you could even give food as an office to the local food bank or shelter

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Healthy Holiday Gift Ideas for your Employees:

- Host a coffee and tea exchange as opposed to a cookies and candy exchange
- Give the gift of exercise: the first month of a gym membership, an exercise video, etc.
- Make a food basket that includes fruit or healthy items, cooking essentials, and healthy recipes
- Gift the gift of reduced stress: a massage, yoga classes, art or music therapy classes, etc.



Other Tips to Help your Employees stay Healthy this Holiday Season:

- Post nutrition information about holiday foods and offer recipes for healthier versions
- Remember to enforce healthy meeting guidelines at meetings during the holidays too
- Offer flexible break times to give your employees time to exercise and relieve stress
- Organize exercise events for your office such as walk, yoga, or local races
- Remind your employees that they are going to indulge during the holidays; just make sure that it is done in moderation

