



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #8: Promote Locally Grown Foods

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 provide a "Workplace Wellness Idea" each month that employers can implement at low or no cost.

Promote Locally Grown Foods: The first step to healthy eating is to purchase fresh, natural foods. Foods that are locally grown, without additives or preservatives, are an excellent choice. You can help your employees find local foods at farmers' markets, through Community Supported Agriculture Programs (CSAs) or directly from farms. Here are ways you can connect your employees to local foods:

- Become a drop off location for a Community Supported Agriculture Program for your employees. You can also supplement the cost of a CSA for your employees to incent them to participate
- Offer a farmers' market onsite for your employees, customers and your local neighborhood
- Distribute a schedule of nearby farmers' markets to your employees so they can find one near them. You can find a schedule for Fairfield and New Haven Counties at <http://gethealthyct.org/get-healthy-food/#local>
- Provide recipes to your employees to prepare the foods that they purchase at a local farmer's market. Get Healthy CT has a Farmers' Market Recipe Generator here: <http://gethealthyct.org/get-healthy-food/#recipes>
- If you have an onsite cafeteria, encourage it to purchase locally and/or offer one meal a week that is made with only ingredients from local farms

See the next page for more information on how your employees can connect to local farmers' markets, CSAs, and community farms this summer.

For more helpful tips and local resources please visit GetHealthyCT.org or e-mail gethealthyct@gmail.com.

Encouraging your employees to buy locally this summer is a great way to get them to purchase healthy, nutritious, and local food! They can support the local economy and experience delicious CT-grown foods this summer. Here's how:

Visit a Local Farmers Market or Farm: There are many farmers' markets throughout the state that are usually open weekly from June – October. These are often multi-stall markets in which farmer-producers sell agricultural products directly to the public; particularly fresh fruit and vegetables are sold, but other products such as meat, dairy, baked goods, pickled items, maple syrup, and homemade sauces and dressings are often sold as well. Or you can visit a local farm directly.

To find local farmers' markets visit: <http://gethealthyct.org/get-healthy-food/#local> or <http://ctnofa.org/FarmersMarkets.htm>

To find a local farm, go to: <http://gethealthyct.org/he-city-search/>

To find out how your workplace can host a farmers market this summer, visit: <http://ctnofa.org/FarmersMarkets.htm>

Join a Community Supported Agriculture Program (CSA): A CSA directly links consumers to local farmers. Typically, CSA members pay a one-time fee at the beginning of the growing season. In return, they receive shares of the weekly harvest. These shares often consist of vegetables and fruits, though some CSAs may also offer milk, meats, fish, and specialty farm products such as baked goods, cheeses, jams and maple syrup.

To join a CSA or find out how your office could become a drop off location for one, go to this website: <http://ctnofa.org/CSAs.htm>

Go to a Community Farm: If you want to learn more about farming and fresh foods, get involved with a community farm. A community farm is a not-for-profit, publicly accessible farm that conducts educational programming for the public, a local source of healthful produce and a demonstration site for local food systems.

Find community farms at: <http://www.ctnofa.org/CommunityFarms.html>

