



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #34: Incorporate Fruits and Veggies into the Workplace

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.

Why Incorporate Fruits and Veggies?

An easy way for businesses to start creating a healthier workplace is by creating more food options including fruits and veggies at the workplace. Having more fruits and veggies available in the workplace allows employees the ability and access to eat healthier while at work. This is important due to the immense amount of time most individuals spend at their workplace on a daily basis.

Reasons Why You Should Eat MORE Fruits and Veggies

- They are nutritious and delicious
- They can be fun to eat
- Fruit and veggies are a quick and natural snack
- There is a wide variety of options and always something new to try
- They are a good source of vitamins and minerals
- Eating them may reduce disease risk
- They are naturally low in calories
- They can help increase your fiber intake
- Convenience-They can be found fresh, frozen, canned, dried and in 100% juice form
- They provide color and texture to meals and help bring more appeal to your plate



For more information visit: <https://www.fruitsandveggiesmorematters.org>

Did you know? Half of your plate should be fruits and veggies!



How to Incorporate Fruits & Veggies into Workplace

Improve Cafeteria Options

- Change preparation techniques, menus, and food offerings so employees can choose items that fit a healthful diet.
- Offer and make available helpful nutritional tips. The PBH *Get Smart* tips, located at www.pbhfoundation.org make great, inexpensive handouts. Just click, print, and the tips are ready to give to your employee. Planning, shopping and cooking tips can be found on www.fruitsveggiesmorematters.org.
- If you contact-out for food services, work with the contractor to develop menus and meals that meet the US Dietary Guidelines.
- Introduce a new fruit or vegetable through promotions and taste testing.
- Proudly display Fruits and Veggies-More Matter signage throughout your cafeteria. Signs and posters located on www.pbhcatalog.org

Improve Vending Machine Options

- Buy vending machines for your worksite and stock them with healthful foods
- Beware of fruit drinks when you ask for 100% juice to be added to machines
- A refrigerated unit could expand the number of healthful options you could sell
- Subsidize healthful items such as fruits and vegetables by charging more for less healthful items

Direct Marketing of Fresh Produce at Worksites

- Organize farmer markets at your worksite through local farmers or through your employee base
- Hold kick off events for publicity of the market and provide recipes for items sold

Create Food Policies

- Establish nutrition standards for food served at meeting. Policies could address 1) inclusion of a variety of fruits and vegetables, 2) alternatives at all company sponsored events, 3) offering 100% juice instead of soda, and 4) cafeteria foods that follow the U.S. Dietary Guidelines

Special Nutrition Lunches

- Increase awareness about the importance of good nutrition by conducting campaigns around a specific food or group. The promotions should involve multiple channels (emails, bulletin boards etc.) and have simple messages.
- Consider conducting the special promotion during a nationally observed health week/month such as National Nutrition Month in March or National Fruits & Veggies- More Matters Month in September

Source: <https://www.fruitsandveggiesmorematters.org/healthy-resources/>

For more information, please visit GetHealthyCT.org

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

