

## Example Past Initiatives:

- Publishing of a cookbook with colleague recipes and personal anecdotes to foster healthy eating and cultural traditions.
- Group Nutrition Workshops included topics such as "Science of Sugar," "Eating for Exercise," and "Meal Planning".
- Other initiatives comprised dietitian consultations, nutritional coaching and a recipe book focused on increasing fruit and vegetable intake and reducing food waste.



# Wellness @Work

## Grant Program: Nutrition and Healthy Eating

**Description of Grant (\$2500 max):** Initiatives established to promote healthy eating, preventative health practices, and nutrition related lifestyle changes in the workplace.

### The Benefits

- Influencing dietary behaviour improves health-related behaviours and reduces diseases (Quintiliani et al., 2010)
- Workplace dietary interventions are generally effective, particularly increasing produce consumption (Feuerstein-Simon et al., 2020), which lead to significant improvements in well-being.
- Eating nutrient dense food supports energy and focus and provides long-term health benefits (Grimani et al., 2019).
- The long-term effects of workplace-based nutritional behaviour and physical activity interventions aimed at the organizational structure and/or physical work environment can positively impact productivity, work performance and workability (Grimani et al., 2019).
- Benefits of intuitive eating, may benefit people across a range of body sizes by reducing internalized weight stigma and eating disorder symptoms, and improving diet quality and fostering a healthier relationship with food (Schmid, 2024).

### Key Considerations

- Consider sharing food and recipes with coworkers, as research has shown that food related interventions are more effective when explicitly designed to be relational.
- Explore nutritional foods from diverse cultural cuisines.
- Connect with Hospitality Services to explore partnerships or booking the Anita Stewart Food Lab for interactive learning.
- Facilitations should be done by a Registered Dietitian, as opposed to a Nutritionist to ensure quality of information received is evidence-based and meets the standards of a registered health professional.