

Inspiring healthy eating



WORKPLACE HEALTH SERVICES

Nutrition Australia Vic Division



Inspire your staff to eat well, feel great & perform better!

Nutrition Australia can help you improve your workers' performance through healthy eating.

We provide a range of information, education and consultation services to promote healthy eating in your business.

You can choose one workplace service, or many. Or ask us about tailoring a more comprehensive program for your organisation.

All of our workplace services are available Australia-wide and some are free in Victoria through our Healthy Eating Advisory Service, funded by the Victorian State Government.

Healthy eating = healthy business

Your business is only as productive as its people.

Whether it's at home or at work, the foods and drinks your employees consume is affecting their performance on a day to day basis – their energy levels, mood and concentration – not to mention their long term health.

If you're serious about improving productivity, you can't afford to overlook nutrition in your workplace health program.

Did you know?

Addressing healthy eating in the workplace is an effective way to reduce the risk of type 2 diabetes and heart disease, according to the World Health Organisation.¹



About Nutrition Australia

We are Australia's leading not-for-profit nutrition organisation.

Nutrition Australia inspires healthy eating through community-based information, education and advisory services across Australia.

You might also know us as the creators of Australia's Healthy Eating Pyramid.



Our workplace health services

Nutrition Australia takes a holistic approach to promoting healthy eating in the workplace, in line with the World Health Organisation's *Healthy Workplaces Model*.

We can work with your organisation to implement change across four key domains which collectively influence employee health and productivity (see diagram below).

Using a whole-of-organisation approach to workplace health is the best approach for ensuring the long-term success of your program, and the best return on investment.²

How we can promote healthy eating in your organisation



Based on the World Health Organisation's *Healthy Workplaces model* and Achievement Program's *Healthy Workplaces Framework*.

Employee education

We'll educate and inspire your staff to choose healthier foods and drinks at work and at home.

Our nutrition education services include:

- educational seminars
- cooking demonstrations
- team building activities
- health displays
- one-on-one nutrition consultations
- and more

Did you know?

Being overweight and having high cholesterol can have a similar impact on absenteeism as stress – up to 10 lost days per year!³

Healthy food supply*

We can assist your organisation to promote healthy eating through the foods and drinks supplied to your staff and guests.

Our menu assessment services will provide your business with an independent review and advice on the foods and drinks supplied in your organisation.

Such as:

- catering
- retail food outlets (on site or nearby)
- staff kitchens
- vending machines
- corporate functions
- and more

You will receive a thorough report on the foods and drinks we have assessed, with advice that's tailored to your organisation for how to supply healthier alternatives.

We can also work directly with the caterers, food manufacturers or retail food outlets that supply foods and drinks to your business.



Policies and processes*

We can assist you to embed healthy eating within organisational culture.

We provide advice and support regarding:

- developing healthy eating policies
- embedding healthy food and drink requirements into food service agreements, for example catering, vending machines and retail food outlets
- implementing relevant food and drink policies and guidelines.

Community connections*

Engage your workforce, local community and industry for a comprehensive approach to promoting health.

We can help you promote healthy eating in any events that you run or support. As well as identify any activities that may conflict with your healthy eating objectives, such as point of sale signage or other business affiliations.

We can also link you in with complementary services to promote health and wellbeing in your workplace. Such as other organisations that promote healthy eating in your community or your industry, government-backed programs and initiatives connect you with like-minded organisations.



*Some services are available free in Victoria through our Healthy Eating Advisory Service, funded by the Victorian State Government.

1 <http://www.who.int/dietphysicalactivity/workplace/en>

2 <http://www.ncbi.nlm.nih.gov/pubmed/22872583>

3 <http://www.ncbi.nlm.nih.gov/pubmed/21888121>