

TOOLBOX TOPIC

HEALTHY EATING AT WORK



INTRODUCTION

- What we eat at work has the potential to contribute positively to health and productivity and ensure workers are functioning at their best.
- Food is fuel and we need it to make sure that we have the energy to get through our days.

EFFECTS OF HEALTHY EATING ON YOUR HEALTH

- 70% of men are overweight.
- 56% of women are overweight.
- Poor diet and being overweight are linked to a range of health problems include diabetes, heart disease, some cancers, high blood pressure and high cholesterol.
- Only 3% of South Australians get the recommended intake of 2 fruit and 5 serves of vegetable in a day.

EFFECTS OF HEALTHY EATING ON THE WORKPLACE

Small changes to how we eat at work can make a big difference to how we feel.

- Healthy workers maintain energy, concentration and have improved performance and productivity.
- Healthy workers have reduced sick leave and absenteeism and better presenteeism.
- Healthy workers have improved morale and satisfaction.

WHAT IS HEALTHY EATING

Healthy food doesn't need to be anything fancy from a health food store (ancient fruits from the lost tribe of wherever!)

- The good old fashioned 5 food groups, or the food triangle are all you need (vegetables, grains, fruits, lean meats and alternatives and dairy or alternatives).
- Limit intake of foods high in fat, salt and added sugar and alcohol.
- The right portion size to meet your energy needs.

DATE:

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**SUPERVISOR/
MANAGER:**

EMPLOYEE NAMES:

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QUESTIONS / ANSWERS TO GENERATE DISCUSSION

Small changes can make a big difference - what could you swap to make a difference to your health.

The good old fashioned 5 food groups, or the food triangle are all you need (vegetables, grains, fruits, lean meats and alternatives and dairy or alternatives).

- Limit intake of foods high in fat, salt and added sugar and alcohol.
 - The right portion size to meet your energy needs.
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- ✓ Swap the meat pie for a steak sandwich (with wholegrain bread and salad)
 - ✓ Swap buying lunch for BYO (save the dollars as well as the waistline!)
 - ✓ Swap sugary soft drinks for zero sugar or even better, water.
 - ✓ Swap fruit juice for a piece of fruit.
 - ✓ Swap the large coffee for a small (with skim milk)
 - ✓ Swap the chips and dip for veggie sticks and salsa
 - ✓ Swap the hot chips for salad or veg with the counter meal
 - ✓ Swap full strength beer for lights
 - ✓ Swap the big serving of your favourite junk food for a smaller one.

What do you think we/the business could do to make a difference to eat healthy at work?

Some suggestions could be: Healthier BBQ, provide fruit and veggies as snacks, remove the vending machine, all new on the road workers to be given a company esky and thermos.

TOP TIPS TO EATING HEALTHIER 'ON THE GO'

PYO - that's right **PACK YOUR OWN!**

GET ORGANISED. Packing your own healthy snacks and meals is the best way to manage energy levels during long days and save money. So get it together:

- ✓ When you make your evening meal, prepare your lunch for the next day at the same time to avoid rushing in the morning. Chop extra salad/vegetables or cook an extra portion of your meal and your lunch is sorted
- ✓ Get yourself a cooler lunch box with the ability to store an ice brick or if you can fit it in your work truck, get a compact car battery operated fridge
- ✓ Get yourself a thermos to have hot food on the go like soup or fried rice
- ✓ Keep healthy emergency supplies stocked up at home, in your car, desk drawer or workplace fridge such as nuts, packets of popcorn, a tub of low fat yoghurt, tinned tuna/baked beans or low-salt wholegrain crackers.