

# CREATING A CULTURE OF HEALTH AT YOUR COMPANY:

## HEALTHY EATING

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This guide will help you get started with your own workplace wellbeing activities. It was developed by our experienced clinical team of nurses, dietitians, health coaches and others.

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To build a true culture of health in your workplace, start by promoting healthy eating. Whether your employees eat in the cafeteria, at their desks or at a nearby café, your employee wellness efforts can educate them about their choices and steer them toward healthier behavior.

### Here are some tips for promoting healthy eating in the workplace:

- ▶ Offer a range of healthy food choices and price discounts for healthy meals at your onsite cafeteria.
- ▶ Stock vending machines with healthy options.
- ▶ Label or mark healthy food options, so your employees can spot them easily.
- ▶ Post information about calorie counts and nutritional content.
- ▶ Post a list of local restaurants that feature healthy menu items. Ask the restaurants if they will offer price discounts for your employees.
- ▶ Invite local farmers and growers to sell produce onsite.
- ▶ Provide refrigerators and microwaves, so employees can bring healthy lunches from home.
- ▶ Use your internal communication vehicles – intranet, email, employee newsletter and posters – to help employees share healthy recipes.
- ▶ Organize employee potluck meal featuring healthy food choices, or offer a multicultural day with various ethnic recipes.

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## Better Eating at Meetings

- ▶ For meetings – especially all-day meetings – offer nutritious food and beverage options like fruits, vegetables and whole grains.
- ▶ Place the healthy options in a prominent spot where participants are more likely to see them and choose them.
- ▶ Consider offering the option of physical activity instead of food at meeting breaks. This can help meeting participants reach a daily target of at least 30 minutes of exercise. Make sure the activities are appropriate to the audience and the environment.

## How Tufts Health Plan Can Help

We offer health-related discounts, health coaching and other resources to help your employees adopt a healthy lifestyle. To learn more, log on to our secure member website at [mytuftshealthplan.com](https://mytuftshealthplan.com):

For discounts on nutritional counseling and weight loss programs from Jenny Craig®, DASH for Health™ and more, click on My Coverage > Member Discounts once logged on to our website.

## Other resources for promoting healthy eating in the workplace

- ▶ <https://www.cdc.gov/workplacehealthpromotion/health-strategies/nutrition/index.html>
- ▶ <http://www.nutrition.gov/smart-nutrition-101/healthy-eating>
- ▶ [https://www.cdc.gov/nccdphp/dnpa/pdf/Healthy\\_Worksite\\_food.pdf](https://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_food.pdf)

**If you have any questions, please contact your Tufts Health Plan Account Manager.**

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