

Healthy Workers – Healthy Futures

What and Where Guide: Healthy Eating

The following table provides a range of contact points for resources, ideas and healthy eating promotional materials. Additionally, you will find links to local services that can provide either group or individual support regarding healthy eating.

Ideas to get you started

Description	Healthy vision	Healthy places	Healthy people	
Incorporate healthy food choices into a healthy food and drink policy for all worksites, including catering for meetings and social occasions, water, alcohol service, vending machines, fundraisers and food service	●			Example Local Government Association Policy For a simple checklist and process of determining if a menu offered has suitable amounts of 'healthy foods', use the checklist designed by the Heart Foundation For a step by step guide, see the Heart Foundation Workplace Catering guide
Develop a breastfeeding policy (where relevant)	●			
Provide nursing mothers a room for breastfeeding/ expressing		●		Breastfeeding Support Toolkit
Include healthy food and drink policy information in staff induction packages	●			
Provide clean amenities for staff meal breaks (microwaves, toasters, refrigerator and sink). Consider off-site staff accessibility		●		Compliance requirements for Amenity provision
Negotiate removal of high sugar and fat foods such as biscuit jars, soft drinks, chocolate or cake from the workplace		●		Healthy Catering Ideas
Sponsor or collect money for a shared weekly fruit box		●		
Improve available beverages: Provide clean fresh tap water, decaffeinated coffee, herbal teas, lower fat milk in all meetings, events and lunchrooms		●		

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Communicate healthy food choices and nutrition topics via fact sheets, newsletters, intranet, posters and print materials			<ul style="list-style-type: none"> • 	SA Health: Healthy Eating Tips Go for 2&5 Heart Foundation: Healthy Eating DAA Smart Eating for You Rethink Sugary Drinks
For specific dietary advice, recommend individuals seek the assistance of a qualified health professional, such as a dietitian			<ul style="list-style-type: none"> • 	Dietetics Association of Australia: Find a Dietitian
Workplace Employee Assistance Programs (EAP) can often offer additional assistance regarding goal-setting and behavioural change. Promote your workplace program widely			<ul style="list-style-type: none"> • 	Find an EAP service for your workplace. Also ask your insurers or peak industry association about EAP discounts
Promote local food providers that stock healthy choices for example, local markets fruit and vegetable retailers			<ul style="list-style-type: none"> • 	
Invite a health professional to run on-site seminars on making healthy food choices			<ul style="list-style-type: none"> • 	Healthy Workers-Healthy Futures Fact Sheet on Engaging External Service Providers Dietitians Association of Australia: Find an APD Service Providers can provide on-site seminars
Promote and provide work time access to free phone health information and coaching service			<ul style="list-style-type: none"> • 	SA Health Get Healthy is a free and confidential phone-based information and coaching service 1300 806 258 8.00am-8.00pm Monday to Friday (excluding public holidays) Get Healthy can help adults make lifestyle changes in relation to healthy eating, being physically active and achieving and maintaining a healthy weight.

Building on your program

Description	Healthy vision	Healthy places	Healthy people	
Collaborate with meal providers, cafeterias, food delivery suppliers and local food outlets to ensure that healthy choices are easily accessible		•		Heart Foundation Workplace Catering guide
Negotiate for increased healthy choices with vending machine suppliers		•		WA Health: Workplaces and Vending Machines
Initiate healthy or non-food related fundraisers			•	SA Health Healthy Fundraiser Ideas
Become accredited with Australian Breastfeeding Associations' Breastfeeding Friendly Workplace Initiative	•			Australian Breastfeeding Association
Host workplace challenges such as healthy lunch competitions and fruit and vegetable weekly challenges. Encourage team or multi-site competition with incentives			•	SA Health Keeping your Food Safe SA Health Healthy Recipes Gofor2&5 Dietitians Association of Australia- Smart Eating for you
Host regular events such as fundraising morning teas, encouraging mainly healthy food choices			•	Healthy Fundraising Ideas
Consider activities such as: -Fruit and vegetable tasting sessions -A cooking seminar series or healthy food fair -Shared lunch days at regular intervals throughout the year This can be a way to try new foods and methods of cooking			•	
Sponsor the production of a healthy food cookbook with staff recipes. Use as a fundraiser			•	Cancer Council's Healthy Fundraising Guide
Work with your local greengrocer or farmers market to access fresh and affordable produce and support your healthy eating program strategies			•	A list of South Australian Farmers markets
Ensure that traveling workers have access to facilities and provisions that promote healthy eating behaviours, such as self contained kitchens, food and drink coolers, suitable budget and food options		•		