

Healthier Food and Drink Facilities

Whatever the set up, the facilities at your workplace
will influence how and when workers eat.

Small changes make a **big difference**.



07

BILLION

Poor employee health
and absenteeism costs
Australian businesses \$7
billion dollars annually.¹



Department of
Health



Healthier food and drink facilities

Your workplace may have a fully equipped kitchen, a small basic tearoom or a shared lunch area. Alternatively, your workers' lunch room may be in their car or at their desk. Whatever the case, all these settings have the potential to influence workers food and drink choices.

A few careful considerations can greatly enhance and help to support workers to make healthy choices.

Kitchen facilities

Storage areas

cold (refrigerator), dry (pantry, shelf, cupboard)

Allow for appropriate storage of perishable and non-perishable food items

Basic preparation equipment

microwave, toaster, sandwich press/mini oven, can opener, sharp knives, chopping board, cling wrap

Together with adequate storage areas, these inexpensive food preparation items allow workers to heat up meals brought from home, reducing reliance on takeaway options for lunch

Hot water provision

kettle, urn or instantaneous hot water tap

Eating utensils

supply of basic crockery and cutlery

Washing up facilities

sink or dishwasher with appropriate cleaning utensils and detergents.

With any type of food preparation, washing up facilities will be required

Advanced preparation equipment

oven, blender, stove

For workplaces that have the capacity and demand, more advanced food preparation equipment can be provided to assist workers to make healthier meals and snacks onsite

Food supply

reduced fat or skim milk, chilled water etc.

Access to a workplace-provided food supply can assist workers to make healthier choices, more easily.



On-site facilities

For workers who spend most of their time at a dedicated worksite, adequate food preparation and storage facilities make it easier to eat well. To assist your on-site workers to eat healthily at work, consider the following ideas:

Eating space

Consider providing a comfortable space for workers to eat

this can enhance worker cohesion, provides an alternate meeting space and encourages workers to take a break from work-related tasks.





On the Go workforce

For 'on the go' or mobile workers, where their workplace is 'on the road', keeping healthy presents additional challenges, such as:

- difficulty accessing fresh, healthy food and cool water
- inflated cost of food at roadhouses, lunch bars or cafés
- reduced opportunities to regularly stop and eat
- the ability to store food safely.

To assist your 'on the go' workers to eat healthily, consider the following suggestions:

- providing a drink bottle for workers to ensure they can access water
- offer solutions for safe food storage, such as eskies or chiller bags with ice blocks.



For more information:

☎: (08) 9264 4999

☎: (08) 9264 4981

✉: hchf@education.wa.edu.au

🌐: www.healthierworkplacewa.com.au

