

Strategies for promoting healthy eating and drinking

Quick wins

- » Display recipes, posters and brochures throughout the workplace, like those from *LiveLighter*, the *Australian Guide to Healthy Eating* and the *Australian Dietary Guidelines*
- » Display messages like the *drink water poster* or *snack on fruit poster* in key areas where decisions about drinking and eating are made
- » Provide drinking water that is accessible to all workers, and encourage the use of refillable water bottles in the office and in work vehicles
- » Provide kitchen facilities to encourage food storage and preparation (e.g. refrigerators, microwaves, cutlery and crockery) - see the *healthier food and drink facilities* factsheet
- » Provide healthy food and drinks at work functions where refreshments are served, like meetings, staff lunches and celebrations - see the *healthier catering guide* for more information
- » Provide your mobile workforce and workers who eat out of the office with tips on eating out and on the road - see the *healthier 'on the go' meals and snacks* factsheet
- » Encourage workers to register for the *My Healthy Balance* program which will assist them in making positive lifestyle changes
- » Organise a social soup and salad group, where workers are rostered to bring salads in summer and soups in winter to share with their colleagues
- » Organise fresh fruit and vegetables to be delivered to your workplace for staff for free or at a subsidised rate

Strategies

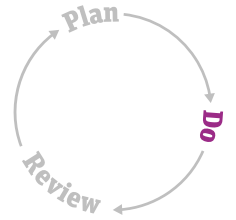
- » Develop a workplace *healthier food and drink policy*, that encourages healthy catering and fundraising, practices
- » Provide an area for meal breaks that also includes space for food preparation and storage
- » Encourage a workplace culture where workers feel supported to stop for meal breaks and leave their work area to eat
- » Contact *Healthy Choices Healthy Futures* for advice, support and recommendations regarding onsite café, canteen or kiosk facilities
- » Work with *Healthy Choices Healthy Futures* to introduce a range of healthier vending machines items - see the *healthier vending machines guide* for more information
- » Collaborate with local food providers (local delis, lunch bars and mobile food vans) to provide healthier options
- » Invite a dietitian to take staff on a supermarket tour, give cooking demonstrations and deliver presentations on healthy eating to empower staff to make healthier food choices; invite staff members' families along to attend these events

Supported by:










Government of Western Australia
Department of Health





Online Resources:

-  [Healthier food and drink facilities](#)
-  [Drink water poster](#)
-  [Snack on fruit poster](#)
-  [Healthier catering guide](#)
-  [Healthier 'on the go' meals and snacks](#)
-  [Healthier food and drink policy](#)
-  [Healthier vending machines guide](#)

Supported by:



Government of Western Australia
Department of Health

