

NUTRITION AND WELLNESS | MARCH SAFETY SEGMENTS

Focusing on healthy eating can create an organizational culture of health and boost employee wellness. Nutrition is a critical part of health and wellness that creates the foundation for total health, and can boost energy, productivity, and quality of life.

SUPPORTING HEALTHY NUTRITION IN THE WORKPLACE

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Give each staff member 5-10 minutes to review the CCSA resource: [Benefits of Supporting Employee Nutrition](#). After everyone is done, use the guiding questions to facilitate a group discussion



SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Why is it important to promote good eating habits and to support employee's nutrition?
- What are some ways that the employer can support good eating habits in your workplace?
- Brainstorm with the staff to think of strategies to improve nutrition and wellness in your workplace.

Supporting Activity:

Print out this poster from EWI Works for staff rooms: [5 Tips for healthy Eating](#). Ask staff any tips on how they eat healthy and how they achieve good eating habits.



Follow the CCSA and check our other resources.

