

- Get vending machines with healthy choices.
- Employer provided fruit in break/lunch room.
- Organize a healthy potluck luncheon.
- Dedicate a column in the employee newsletter dedicated to health recipes.
- Create a health recipe cook book by employee for employees- free of charge.
- Set up a fresh food vendor at facility once weekly.
- Organize cooking demonstrations during lunch break.
- Distribute nutrition/dietary information as payroll stuffer.
- Create a wellness team.
- Bring in nutritionist to speak to employees.
- Offer healthier choices at company sponsored events.
- Educate employees on how to read labels, understand portions, educate about nutrients.
- Implement event around the movie "Fed Up" or "That Sugar Film"
- Provide free fruit and other healthy snacks weekly (in break areas).
- Hold healthy cooking contests or similar events.
- By policy, provide healthy food choices for catered company events/meetings.
- Partner with local hospitals to offer clinics on nutrition and healthy cooking classes.
- Provide healthy eating reminders and prompts to employees via posters, emails, etc.
- Provide an opportunity for on-site gardening if possible.
- Celebrate "free fruit day" and give away apples.
- Have a homegrown fruit and vegetable exchange.
- Offer info/recipes on packing health brown bag lunches.
- Organize visits with local fruit and vegetable supplier to sell produce on-site.
- Work with vending machine company to post calorie/nutrient content amounts on machines.
- Place myplate.gov charts in break rooms.
- Schedule quarterly lunch and learn on a healthy eating topic.
- Change portion sizes of food/beverages.
- Decrease the size of cups and plates at events.
- Install nutrition posters.
- Do a food prep demo to show how healthy cooking can be fun and simple and still taste good.