

Nutrition and Healthy Eating Program



THE BENEFITS OF HEALTHY EATING PRACTICES

- Healthy food consumption including diets rich in fruits, vegetables and fish, is beneficial to brain health (Moore et al. 2017).
- The consumption of fruits and vegetables has been linked to overall increases in wellbeing and mental health (Blanchflower, Oswald, A. & Stewart-Brown, 2013).
- Using workplace initiatives to influence eating behaviours can help with chronic disease prevention (Quintiliani, Poulsen, & Sorensen, 2010)

YOUR ROLE

By implementing yoga or fitness classes you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

KEY CONTACTS

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Running your Nutrition and Healthy Eating Program



- Survey potential participants to determine preferences for activities to maximize participation
- Consider how your activities can be embedded into your workplace and virtual options.
- Plan for multiple events, 1 per term or season. Think beyond one-off activities and events
- Implement evidence-based ideas and resources to create environments that support healthy eating (i.e. avoid promoting fad diets/dieting)
- Prizing and Awards:
 - Provide awards and incentives for participation and compliance, in addition to performance
 - Consider participation awards, sticking with a challenge if you host
 - Food subscriptions: consider using these as prizes for participating in the challenge, or increasing engagement
- Possible activities:
 - Educational sessions
 - Arrange to bring in a registered dietician or nutritionist
 - Food preparation and cooking skill classes (e.g. UBC's Vij's Kitchen)
 - Farm or garden visits
 - Salad/food clubs
 - Food accessibility activities
 - Community meals or potluck events (encourage those with connections to traditional foods or food traditions to share them/stories behind them)
 - Healthy eating challenge
 - Grocery store tours
 - Get creative! Start a recipe club, develop healthy catering guidelines for your unit, etc.

Important considerations

- Use events/workshops to lead into activities that draw on learnings/inspiration/momentum
- Think about using HWIP as seed funding for pilot project to develop a curriculum, activities, and evaluation that can be sustained beyond the funding round

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HOW THE FUNDS BE CAN USED

Funds can be used for:

- Prizes, incentives, or trophies (to not exceed \$500)
- Food, catering (not to exceed \$500)
- Promotional material (to not exceed \$100)
- Transportation/mileage (to not exceed \$200)
- Room rental fees
- Guest instructor or facilitator fees
- Educational workshop costs
- Kick-off/wrap-up event (food/catering cost to not exceed \$300 combined)

Funds cannot be used for:

- Operational expenses
 - The hiring of faculty/staff as instructors, to coordinate or support the program
 - Items that fall within the responsibility of the department to provide
 - Renovations, furniture, kitchen appliances or special equipment purchases
- Charitable donations in either an employee's name or the department's name
- Gift cards or certificates of any denomination
- Weight loss challenges are discouraged
- the challenges intend to learn how to sustain healthy habits and weight loss challenges if not successful can lead to feelings of guilt or failure. The healthy eating challenge is not created to track weight loss nor be a weight loss challenge

Resources to Support Implementation

- [Canada's food guide](#)
- [Tips for hosting health potlucks](#)
- [Healthy Eating at Work](#)
- [Healthy Eating Challenge toolkit](#)
- [UBC Botanical Gardens- Team Building Opportunities](#)
- [UBC Farm Workshops](#) (in-person and online activities available)
- [Vij's Kitchen: Faculty of Land and Food Systems \(UBCV\)](#)
- [UBC Food Services Nutrition Blog](#)