

HELP YOUR EMPLOYEES MAKE HEALTHIER FOOD CHOICES AT WORK

9 tips to improve employee productivity

There are many simple steps that organizations can take to help their employees build better wellbeing habits. Creating a work environment that promotes employee health increases productivity and develops a better corporate culture.

Here are 9 tips from Dr. David Katz, Virgin Pulse Science Advisory Board Member. He collaborated with Virgin Pulse to provide research based tips to help employees develop healthy nutrition behaviors in the workplace.



Provide and promote truly wholesome food options.

[The True Health Initiative](#) offers a lot of great suggestions.



Use a nutrient profiling system

to show the range in nutritional quality of foods. [Nutrient profiling](#) ranks foods in order of their nutritional composition.



Routinely distribute recipes

for healthy, wholesome, family-friendly meals. [The Virgin Pulse partnership with Zipongo](#) provides a fully integrated, gamified way to provide this helpful information.



Host cooking groups,

team-building off sites at a local cooking school, or pot-lucks to encourage shared engagement in healthy meal preparation.



Trade up the contents of vending machines.¹

Provide water coolers

rather than vending machine soda.



Consider contracting with a company

to provide fresh produce in the office on a routine basis.



Send out a daily or weekly healthy eating tip

over the company intranet. [The Virgin Pulse platform](#) provides daily healthy reminders to users to help drive positive behavior changes that increase productivity.



Make sure company event catering reinforces

healthy eating to show that food can be both delicious, fun, and nutritious.

¹<https://cspinet.org/protecting-our-health/nutrition/healthier-public-places>