

Healthy Eating Assessment for the Workplace Environment

Providing a workplace environment that supports healthy eating helps employees follow a healthy lifestyle. Read through the assessment below and check-off things that your workplace is currently doing well. Write ideas for improvement in the column on the right.

Does your workplace...	No	If yes, ...	Areas for improvement...
Provide an eating area for staff?	<input type="checkbox"/>	<ul style="list-style-type: none"> • is there a refrigerator for employees to store their lunch? <input type="checkbox"/> • is there equipment such as a toaster, kettle, microwave, cleaning supplies, etc., for employees to use? <input type="checkbox"/> • are re-usable dishes and utensils available to reduce waste? <input type="checkbox"/> • are recycling containers available to encourage recycling? <input type="checkbox"/> • is the area clean and pleasant for staff? <input type="checkbox"/> 	
Promote and allow time for employees to wash their hands?	<input type="checkbox"/>	<ul style="list-style-type: none"> • are hand washing stations accessible in eating areas? <input type="checkbox"/> • are employees given enough time to wash their hands? <input type="checkbox"/> • are posters about proper hand washing displayed by hand washing stations? <input type="checkbox"/> 	
Offer food or beverages at meetings and/or events?	<input type="checkbox"/>	<ul style="list-style-type: none"> • are foods from Canada's Food Guide (i.e. vegetables and fruit, whole grains, low-fat milk and alternatives and lean meats and alternatives) emphasized? <input type="checkbox"/> • are foods that are high in calories, fat, sugar and salt and low in fibre (i.e. cakes, pastries, refined grains, large muffins, donuts, soft drinks, etc.) limited? <input type="checkbox"/> • are re-usable dishes and utensils available to reduce waste? <input type="checkbox"/> • is a vegetarian option offered? <input type="checkbox"/> • are seasonal and locally grown products promoted? <input type="checkbox"/> • are the foods served culturally appropriate for those attending the meeting? <input type="checkbox"/> • is food left out for more than two hours? (For more information about food safety, go to www.fightbac.org). <input type="checkbox"/> 	
Have a vending machine(s)?	<input type="checkbox"/>	<ul style="list-style-type: none"> • are at least half of the options healthy choices*? <input type="checkbox"/> • are signs, stickers or posters used on or near the machine(s) to promote healthier choices*? <input type="checkbox"/> • are healthy choices* sold at a price this is comparable to or less than other items? <input type="checkbox"/> 	

Does your workplace...	No	If yes, ...	Areas for improvement...
Hold celebrations?	<input type="checkbox"/>	<ul style="list-style-type: none"> • are small portion sizes available for cakes and desserts? <input type="checkbox"/> • is fruit offered? <input type="checkbox"/> • are healthier choices*, such as whole grain low-fat muffins, whole grain cookies, angel food cake or fruit crisp considered? <input type="checkbox"/> 	
Fundraise?	<input type="checkbox"/>	<ul style="list-style-type: none"> • are healthier choices* used in place of non-nutritious foods (i.e., chocolate bars, bakes sales)? <input type="checkbox"/> • are non-food items or activities considered? <input type="checkbox"/> 	
Have a cafeteria?	<input type="checkbox"/>	<ul style="list-style-type: none"> • are there items available that reflect the principles of Canada's Food Guide? <input type="checkbox"/> • does the cafeteria meet the <i>Eat Smart!</i> nutrition, food safety and/or smoke-free standards? (go to www.eatsmartontario.ca for more information) <input type="checkbox"/> • are posters or other promotional strategies (i.e. stamp cards) used to promote healthy choices*? <input type="checkbox"/> • are healthy choices* sold at a price that is comparable to or lower than other choices? <input type="checkbox"/> • are healthy choices* placed in highly visible areas where they are easy to grab? <input type="checkbox"/> 	
Have a healthy eating policy or guidelines?		<ul style="list-style-type: none"> • does it clearly outline the purpose, scope and guiding principles? <input type="checkbox"/> • does it include enough information for employees to understand why it is important, what is considered to be a healthy choice* and how to implement the policy? <input type="checkbox"/> • is food safety included? <input type="checkbox"/> • do employees have access to the policy? <input type="checkbox"/> • is adherence to the policy monitored? <input type="checkbox"/> 	

* A healthy choice:

- fits into the four food groups in Canada's Food Guide
- has higher amounts of nutrients, such as fibre
- has little or no added fat, sugar or salt
- has little or no saturated and trans fat

For more information, visit the Worksite Wellness section at www.algomapublichealth.com.