

## **Nutrition and Healthy Eating Program**



### **HOW THE FUNDS BE CAN USED**

#### **Funds can be used for:**

- Room rental fees
- Guest instructor or facilitator fees
- Educational workshop costs
- Prizes, incentives, or trophies (to not exceed \$500)
- Food, catering, cooking classes, kick-off/wrap-up events (not to exceed \$800)
- Promotional material (to not exceed \$100)
- Transportation/mileage (to not exceed \$200)

#### **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 Food Services Nutrition Blog](#)

# 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.