



## Healthy Workplace Initiatives Program

### Nutrition and Healthy eating Program

Total Funding Awarded: as per your award notification email



## Your Role

By implementing healthy eating programs, you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

## The Benefits of Healthy Eating Practices

- Healthy food consumption including diets rich in fruits, vegetables and fish, are 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).

## Approved Uses of HWIP Health Challenge Funding

- Prizes, incentives, or trophies (to not exceed \$500)
- Food, catering, cooking classes, food and nutrition-related apps (not to exceed \$500)
- Promotional material (to not exceed \$100)
- Transportation/mileage<sup>i</sup> (to not exceed \$200)<sup>1</sup>
- Room rental fees
- Guest instructor or facilitator fees
- Educational workshop costs
- Kick off/wrap up event (food/catering cost to not exceed \$500)

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<sup>1</sup> It should follow Policy FM8 Business Expenses ([https://universitycounsel-2015.sites.olt.ubc.ca/files/2019/08/Business-Expenses-Policy\\_FM8.pdf](https://universitycounsel-2015.sites.olt.ubc.ca/files/2019/08/Business-Expenses-Policy_FM8.pdf)) and related documents (<https://universitycounsel.ubc.ca/board-of-governors-policies-procedures-rules-and-guidelines/documents-related-to-business-expense-policy/>).



## Non-approved uses of this funding

- 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
- The purchase of:
  - gift cards or certificates of any denomination (these are considered taxable benefits by the CRA and are not permitted under UBC's purchasing guidelines for gifts/prizes)

## Implementation Instructions

- Survey potential participants to determine preferences for activities to maximize participation
- Possible activities:
  - Educational sessions
  - Food preparation and cooking skill classes (e.g. UBC's Vij's Kitchen)
  - Farm or garden visits
  - Food accessibility activities
  - Community meals or potluck events (encourage those with connections to traditional foods or food traditions to share them/stories behind them)
  - Nutrition challenge
  - Salad/food clubs
  - Grocery store tours
  - Get creative! Start a recipe club, develop healthy catering guidelines for your unit, etc.
- Options for implementation:
  - Consider how your activities can be embedded into your workplace and virtual options
  - 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 in general)
- Prizing and Awards:
  - Provide awards and incentives for participation and compliance, in addition to performance
  - Consider including spirit awards, awards for sticking with a challenge or taking part in a leadership role etc....



## Resources to Support Implementation

[Healthy Activity Ideas](#)

[Healthy Eating at Work](#)

[Save on Foods Nutrition Tours](#) (virtual option available)

[Healthy Eating Challenge](#) toolkit

### **Vancouver**

[UBC Botanical Gardens- Team Building Opportunities](#)

[UBC Farm Tours](#)

[UBC Farm Workshops](#) (in-person and online activities available)

[Vij's Kitchen: Faculty of Land and Food Systems \(UBCV\)](#)

[UBC Food Services Nutrition Blog](#)

[Ronald McDonald House Family Meals Program](#)

### **References**

Blanchflower, D., Oswald, A., & Stewart-Brown, S. (2013). Is Psychological Well-Being Linked to the Consumption of Fruit and Vegetables? *Social Indicators Research*, 114(3), 785-801.

Lisa Quintiliani, Signe Poulsen, Glorian Sorensen, (2010) Healthy eating strategies in the workplace, *International Journal of Workplace Health Management*, 3(3), pp.182-196.

Moore, K., O'Shea, M., Hughes, C. F., Hoey, L., Ward, M., & McNulty, H. (2017). Current evidence linking nutrition with brain health in ageing. *Nutrition Bulletin*, 42(1), 61-68.

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