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$1 (to not exceed $200)$1
- 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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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