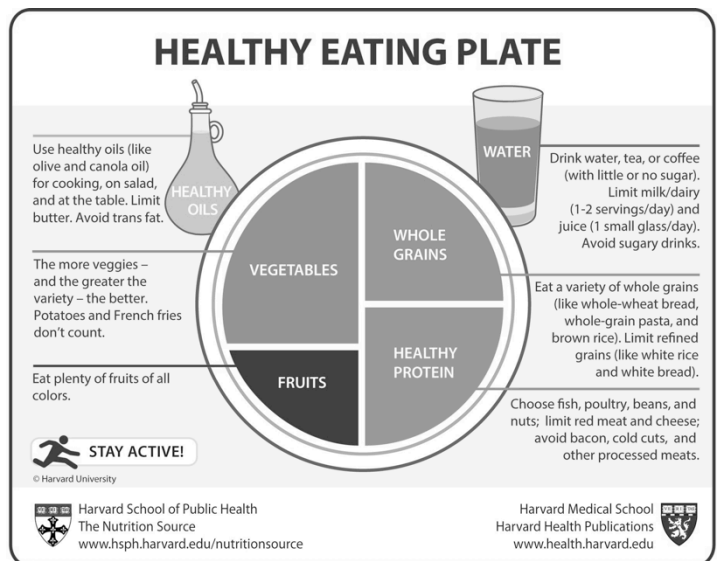


HEALTH IMPACTS SAFETY



- Eating healthy reduces your risk of heart disease and some forms of cancer.
- Eating healthy can improve your mood, reduce anxiety and stress, and help you be more productive.

Safety Meeting Guide

TWH 6: What's eating got to do with it?

<http://ow.ly/JHa00>

INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.

Today's safety committee meeting is about how healthy eating can improve our health and help us be more successful at work and at home. One study has shown that eating unhealthily is linked with a 66% increased risk of loss of productivity. While we are all responsible for our own diet and eating plan, our employer can assist us in learning about healthy eating, and supporting us as we make healthier choices.



So here are some ways we can support healthy eating choices and food at work:

- Find ways to share the current healthy eating recommendations with employees, through fliers, internal websites and posters
- Offer information for employees to take home with them so they can share this with family members and encourage healthy eating at home.
- Invite a speaker to a “lunch-n-learn” session.
- Stock vending machines and support cafeteria foods with healthier options.
- Add healthier choices as alternatives when you provide food and snacks at meetings and conferences.
- Offer the use of refrigerators and microwaves at work so employees can bring healthy lunches from home.

ASK: “Does anyone have more ideas or comments to share?”

Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say).

- What are some ways to eat healthy at work?
- What would make it easier for you to eat healthy foods at work?
- What are some healthy foods you can bring to work?
- Does anyone have a success story about healthier eating that they want to share?