



Healthy Workplace Initiatives Program
Healthy Eating Program

Total Funding Awarded: as per your award notification email

UBC Human Resources
604-822-8762
www.hr.ubc.ca/health



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. ¹
- The consumption of fruits and vegetables has been linked to overall increases in wellbeing and mental health²
- Using workplace initiatives to influence eating behaviours can help with chronic disease prevention. ³

Approved Uses of HWIP Health Challenge Funding

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

Non-approved uses of this funding

- Operational expenses
 - Hiring of faculty/staff 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

¹ 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.

² 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.

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



- 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)
 - Grocery store tours
 - Salad/food clubs
 - 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
 - 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](#)

Vancouver

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

[UBC Farm Tours](#)

[UBC Farm Events](#)

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

[UBC Food Services Nutrition Blog](#)

[Ronald McDonald House Family Meals Program](#)