Healthy Workplace Initiatives Program

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. 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

• Charitable donations in either an employee’s name or the department’s name
• The purchase of:
  o 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:
  o Educational sessions
  o Food preparation and cooking skill classes (e.g. UBC’s Vij’s Kitchen)
  o Farm or garden visits
  o Food accessibility activities
  o Community meals or potluck events (encourage those with connections to traditional foods or food traditions to share them/stories behind them)
  o Grocery store tours
  o Salad/food clubs
  o Get creative! Start a recipe club, develop healthy catering guidelines for your unit etc…

• Options for implementation:
  o Consider how your activities can be embedded into your workplace
  o Think beyond one-off activities and events
  o 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:
  o Provide awards and incentives for participation and compliance, in addition to performance
  o 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- Educational Programs
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