



Healthy Workplace Snacking

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Data collected in 2007 from 3,350 workers in Peel region as a part of the Peel Public Health HeartMobile program

Common Snack Habits

:Facts and Stats - workers in the Peel Region

- 15% of workers eat high fat snacks on 3 or more days per week
- 71% of workers eat less than 5 vegetables and fruit per day
- 75% of workers were interested in improving their diets



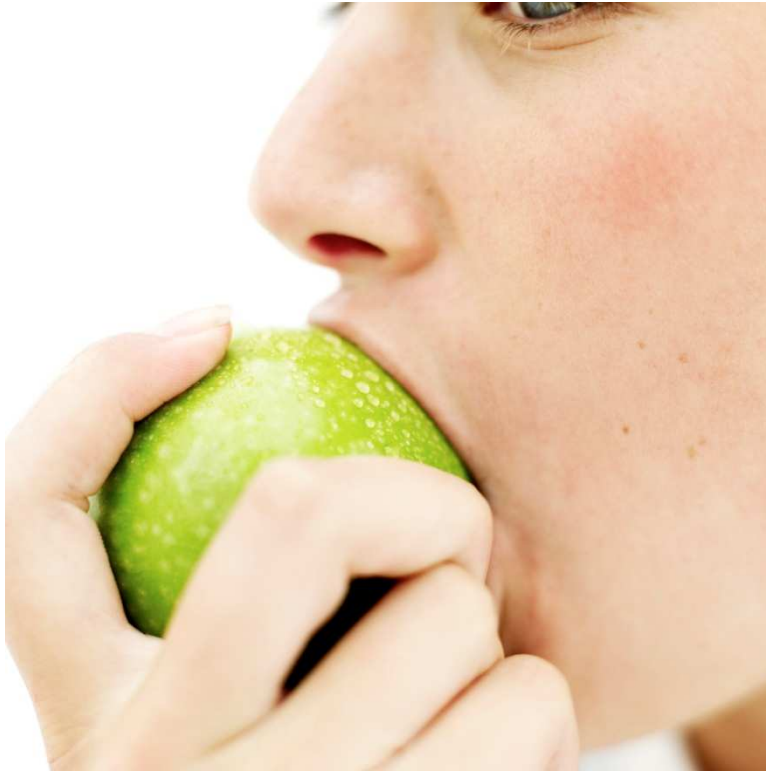


Healthy snacking can be a challenge

- Choices at the workplace – vending machines, muffins and pastries at meetings, etc.
- Time to snack during work is usually limited
- Plan your snacks before hand



Benefits of Healthy Snacking



- Sustained energy through the day. No “3pm wall”.
- Can decrease inflammation, and thus the risk of cardiovascular disease and diabetes
- Weight Management
- Decreases late night overeating





[Workplace Health and Wellness Guide](#). CCOHS, 2008

Healthy Employees mean...

- Reduced health-care costs
- Fewer sick days
- Increased productivity
- Elevated mood, energy and self-esteem
- Reduced anxiety and stress
- Greater job satisfaction



Promoting and Implementing Wellness in the Workplace



- Corporate Wellness program
- Lunch and Learns on health and wellness
- Provide healthy food choices at meetings and vending machines
- Weight loss/Body composition Challenge
- Wellness Fair





Plan for Healthy Snacks at Work

Sweet: low fat chocolate milk

Crunchy: Veggie sticks with low fat dip

Drink: Low fat smoothie with real fruit

* Keep snacks low in sugar to allow for sustained energy



Healthy Eating for Busy People

- Plan a quick balanced breakfast you enjoy (i.e smoothie)
- Make extra at dinner for lunch the next day
- Keep your desk or car packed with healthy non perishable items
- Go to the grocery store for lunch one day, instead of fast food restaurants



Snacks on the Go



- Control your portion size
- At least two of the four food groups
- Drink milk or 100% pure fruit/vegetable juice instead of pop
- Choose low fat items
- Fibre-rich
- Don't wait until you are **overly** hungry to eat





an integrated approach



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