

# Guide to a Healthier Tearoom

Many employees consume at least half of their daily meals and snacks during work hours, so it's important to create workplaces that are supportive of healthy eating behaviours.

## Daily

### Provide nutritious snack and drink options

- Offer free **fruit or healthy snacks** in tea rooms and encourage staff to help themselves
- Long life milk** (full cream, low fat and dairy alternatives)
- Access to **cold and hot water**



## Weekly

### Provide clean working spaces



- Ensure **shared food storage and preparation areas** (refrigerator, freezer, microwave, kettle, dishwaters) are **kept clean and tidy**; a roster may be required for this
- Provide offsite workers with **proper food preparation facilities** (eskies, cooler bags, thermoses, water coolers, truck fridges)
- Create a **comfortable space with natural light** for employees to take a break

### Stock up on pantry items

- Long life milks, tea, coffee, breakfast staples like oats or muesli, wholegrain bread, natural nut butters**
- Optional items might include tinned legumes, fish, vegetables, microwaveable rice or fruit cups in juice

## Monthly

### Share healthy eating content with employees

- Print and display the **Australian Guide to Healthy Eating** and the **Australian Dietary Guidelines**
- Print and display **Healthy Heads nutrition posters** in break rooms, kitchens etc

### Healthy catering

- Read the **Healthy Eating Advisory Service's Catering in the Workplace Guide**
- Discuss healthier options for **workplace celebrations and events** such as platters with fresh fruit and vegetables, dips and wholegrain crackers



### Healthier environments

- Negotiate to remove foods and drinks high in **added sugars, salt and saturated fat**, such as biscuits, soft drinks, potato chips, chocolates and donuts or cake at regular meetings or events

### Healthy vending machines

- Provide healthier alternatives to onsite vending machines, such as mixed nuts, dried fruit and bottled water

A little planning can go a long way in keeping staff **healthy and alert.**