

Health and Wellness Programmes in the Work Place

Title: **COOKING LESSONS FOR FACTORY STAFF & THEIR FAMILIES 'COOK FOR LIFE FOR FAMILIES'**

External/Internal Deliverer: Can be either – we used a local Nutritionist (who attended for free), other factories could contract a local nutritionist to run the sessions and devise the menu. Or if the company has their own nutritionist in house they could also be used.

Company contribution: Provide nutritionist / contract nutritionist. Provide the food and the facilities (test kitchen) for the lessons. Communicate the event to employees and their families.

How it works/Methodology:

1. Company identifies a nutritionist (in house or local) and contracts the provider. Some staff would also be needed to help prepare and manage the cooking sessions.
2. Company identifies facility to be used (test kitchen ideal) and advertises event to employees.
3. Event was run on a Saturday (2 sessions), and employees came on their day off with their families.
4. Company provides the ingredients and the recipes for them to prepare a healthy meal. Also included some education on the Food Wheel, as well as some handy tips on how to make commonly consumed local foods more healthy such as how to drain the fat from tinned corn beef.
5. Send feedback survey to employees.
6. Optional: Could also incorporate some of the company's products in the menu, a take home recipe book. Nestle also arranged for a local rugby team (Blues) to come and talk to the kids about healthy eating.

Uptake: The one day cooking lesson resulted in 39 employees and their families attending over 2 sessions.

Implementation Issues resolved:

Facilities available.

This initiative aims to teach young people and their families how to prepare healthy, affordable and tasty meals to combat obesity. One in 10 New Zealand children are obese, and New Zealand has the third highest adult obesity rates in the OECD. This is one small way of making a difference within our employees and their families.

Direct/Indirect costs: Cost of Nutritionist, Cost of Food. Staff and employees give up their own time to run and attend.

Benefits: Education in a fun way on how to prepare healthier meals, and hopefully this will be incorporated into the family's everyday lives for a healthier diet, and less obesity in their future.

Contact for more Information: HR, Nestlé New Zealand 09 367 2800