

## Health and Wellness Programmes in the Workplace

**Title of Programme:** NUTRITION POLICIES IN THE EMPLOYEE CANTEEN

**External/Internal Deliverer:** Driven internally, however nutrition policies are implemented by external catering company.

**Company contribution (\$/other):** Meals are subsidised by Sanitarium with an average hot meal costing \$4

### **How it works/Methodology:**

Sanitarium promotes and produces plant-based foods and beverages with a mission to inspire and resource our community to experience happy, healthy lives. This mission extends to internal nutrition policies within the employee canteen.

1. External catering company are encouraged to create meals using in-house recipes which often involve products owned by company within the canteen
2. The in-house recipes have been developed in accordance with Sanitarium recipe guidelines based around plant-based eating, and current recommendations. The guidelines aim to ensure plant-based sources of protein are being used, and a high proportion of wholefoods are included within each meal.
3. Menus are reviewed and edited by internal nutritionist each month to ensure meals provide variety and adequate plant-based protein sources.
4. Internal staff surveys and kitchen audits are regularly conducted to ensure
  - a. Food is made to a high standard of food safety
  - b. Staff are enjoying and/or benefiting from the food available to them.

### **Uptake:**

- Between 250-350 transactions per week for hot lunches, and morning and afternoon tea.
- Internal catering for morning teas and lunches, funded by the business (between approx. 100-150 per year).

### **Issues resolved:**

Monthly canteen meetings are held with internal nutritionist, HR team, and catering company to discuss issues. For example:

- Inadequate protein levels in meals due to lack of meat has been resolved by educating catering company on other sources of proteins found in legumes, nuts, cheese and egg.
- Dissatisfaction with presentation of some meals addressed by identifying that food would often appear dried out and unpalatable. Resolved by implementing a new bain-marie.

**Direct/Indirect costs:** External caterer, food, cooking facilities.

**Benefits:** Employees have access to healthy plant based lunches that are fresh and hot, and are also exposed to a number of vegetables and vegetarian protein sources such as legumes and tofu. This encourages and educates staff on how meat free meals can still be tasty and contain a source of protein. It also raises awareness of Sanitarium products available to staff.

**Contact for more Information:** Sanitarium Nutrition Service: 0800 100 257