

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** (esbies, 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.**