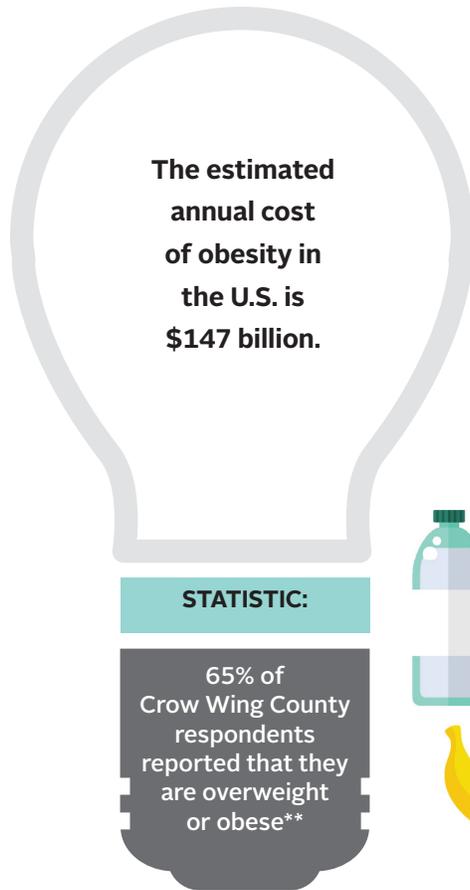


Workplace Wellness. **HEALTHY EATING.**



What have Crow Wing County businesses implemented to encourage employees to make healthy eating choices?

Area businesses have taken steps to help their employees make the healthy choice, the easy choice:

- Clow Stamping: Healthy snacks available for purchase in the breakroom. Salads delivered by local restaurant for purchase, commercial ice and water dispenser installed.
- CTC: Healthy snacks available for purchase in the breakroom.
- Fleet Farm Corporate: Partnered with Bernick's for healthy vending options to replace unhealthy choices.

Minimal cost ideas

- Healthier vending options with healthy items priced as low as possible. Provide healthy snacks and meals for meetings such as fruit, nuts, yogurt, granola, salads instead of offering high calorie items such as donuts and pizza.
- Provide free learning opportunities such as a rethink your drink campaign to increase awareness of hidden sugar and empty calories.

There is a clear link between dietary choices and the presence of chronic conditions including diabetes and being overweight or obese. The worksite is an effective place for influencing healthy dietary behavior.

Why encourage healthy eating?

One of the biggest drawbacks to eating at your desk is that you're not focused on your food. Instead, you're sending e-mail, answering the phone, shuffling paper -- the perfect recipe for overeating.*

For more information on how to implement healthy eating strategies in the workplace, please contact:

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EXPECTED OUTCOMES FOR YOUR BUSINESS

- Achieve employee satisfaction
- Maximize productivity
- Minimize absenteeism
- Manage healthcare costs

Crow Wing
energized

*<http://www.webmd.com/food-recipes/features/7-tips-eating-while-you-work#1>

**Crow Wing County Health Survey Results, March 2015