



Wellness **AtoZ**

**EatWELL**

PROMOTE HEALTHY FOOD  
CHOICES IN THE WORKPLACE



## IMPLEMENTATION GUIDELINES

**EatWell** offers a phased solution for employers to help their employees make better food choices. Wellness AtoZ Employers receive standardized, nutritional guidelines for healthy snacks and meetings for the initial phase of this principle. As a second phase, guidelines for vending machines and cafeterias will be provided to employers who offer those services onsite.

No matter what type of business or work schedule, EatWell gives employers ways to offer employees healthy food options at meetings, break time, meal time and also during meetings.



### Implementing EatWell

If your company provides food and beverage options through **snacks**

- Download the Healthy Snack Nutritional Guidelines
- Provide at least 50% of snacks in compliance with EatWell Healthy Snack criteria
- Post Healthy Snack Portion Poster in break room or communal area
- Brand your provided snacks as EatWell compliant with Healthy Snack Signage

If your company provides food and beverage options through **meetings**

- Download the Healthy Meeting Nutritional Guidelines
- Provide at least 50% of meetings in compliance with EatWell Healthy Meeting criteria
- Brand your meeting as EatWell compliant with Healthy Meeting Signage

### EatWell Phase 1 Employer Toolkit

- Healthy Snack Nutritional Guidelines
- Healthy Snack Signage
- Healthy Snack Portion Poster
- Healthy Meeting Nutritional Guidelines
- Healthy Meeting Signage

### EatWell Phase 2 Employer Toolkit

If your company provides food and beverage options through **Vending Machines and/or Cafeterias**

Wellness AtoZ understands that providing healthier options can be limited depending on vendor contracts. Working with suppliers to determine the best way to incorporate EatWell Nutritional Guidelines is something that will take time and collective effort by dedicated employers.

- Commit to adopting Vending Machine/Cafeteria guidelines once criteria is defined.
- Commit to participating in the collective effort to get Wellness AtoZ Nutritional Guidelines adopted with vendors.

