

Grab a Bite of Health



Ten tips for making healthy food choices at work.

- 1 Start your day with a healthy breakfast, including whole grains, fruit & dairy
- 2 Bring your lunch everyday
- 3 Keep healthy snacks, such as fruits & vegetables, at the office
- 4 Take a water bottle to fill at the water fountain
- 5 Develop a Food Policy
- 6 Make office celebrations healthier by planning a theme (such as yogurt parfaits or healthy trail mix)
- 7 Make healthy changes to the vending machines & post nutrition information of selections
- 8 Only offer food at events/meetings that last more than 3 hours
- 9 Develop a list of healthy food options at area restaurants
- 10 Post MyPlate in the staff breakroom

At Work

