



# Education & Awareness Raising

## Learning about Healthy Eating

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### Overview

This section will give employees the information they need to make healthy food choices, including the kinds of foods they need, how much they need, and how to make those choices at work and on the go.

### Goal

To increase knowledge and awareness about healthy eating in the workplace by providing tools and information to engage and improve the decision-making abilities of employees

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## Topics Included

1. **Food Guide Basics:** *Eating Well with Canada's Food Guide* and its key messages
2. **Small Steps Matter:** The importance of making small changes, all of which support a healthy lifestyle
3. **Label Reading:** Food labels and the role they play in helping people to make healthy food choices
4. **Portion Control:** Food servings and “balancing” one's plate and total food intake
5. **Healthy Eating on the Go:** Making healthy food choices during hectic times
6. **Eating Out/On the Road:** Making healthy food choices when eating out
7. **Healthy Eating on a Budget:** Making food choices that are healthy and affordable
8. **Break the Fast (Breakfast):** Planning and eating a healthy breakfast at home and on the go
9. **Baggin' It (Packed Lunches):** Making and packing healthy and safe lunches
10. **Food Safety:** Safe food handling
11. **Snack Attack:** Healthy snacks and snacking while at work
12. **Body Weight, Dieting, and Body Image:** The effects of dieting, as well as achieving and maintaining a healthy body weight and body image
13. **Asking Food Questions:** The health, environmental, and economic benefits and impacts of different food choices made by individuals, communities, and organizations
14. **Shift Work and Healthy Eating:** The nutrition challenges faced by shift workers and strategies for overcoming them

Each topic is organized under the following headings:

- Purpose
- Intended Audience
- Suggested Activities
- Materials