



Bringing Local Foods to Your Workplace

Keeping it Local

Eating local or seasonal foods not only provides health benefits, but it also supports local businesses and economies. Local foods may have higher nutritional values and contain fewer chemicals than produce that travels long distances to reach the market. Having local foods in the workplace gives employees healthy options for meals and snacks at work, and could even help them take these behaviors home! Below are some tips on how to bring local foods to your workplace:

Farmers' Markets

- Work with your local farmers' market association to have them sell at your worksite once a week
- Form a worksite team to help with setting up and promotion of the farmers' market
- Promote the farmers' market via weekly emails or flyers to employees, posters around the office, and publicity activities such as food demonstrations and sampling

Local Food Vendors

- Employ local food vendors who use or provide seasonal foods for your worksite cafeteria, kitchen, or cold vending machines
- Click here for more information on [bringing local foods to your worksite](#)

Community Gardens

- Creating a community garden for your worksite allows employees to grow and eat their own produce
- This saves money, increases the amount of produce consumed, and increases physical activity levels of employees
- Establish a leadership system for taking care of the garden

A Small Business with a Big Success Story

Bank of Oak Ridge is a small, community bank of 7 branches in Greensboro, NC. After using the tools provided by WorkHealthy America for only 3 months, they have improved their report card grade in nutrition from an F to a B. They have added fruit baskets to the break room and made a nutritionist available to employees during work hours. They also created a logo to help promote the healthy, local food options that are now being served at conferences and meetings. By integrating wellness into the core values of their company, Oak Ridge Bank has seen significant improvement in the health of its employees.



Image from eatwellworkwell.org

Providing Healthy Options

- Having complementary fruit baskets in the office or break room gives employees a healthy alternative for their daily snack
- Add labeling or a logo to healthy food options in the workplace to raise employee awareness
- Providing healthy food at meetings or conferences helps employees make nutritious decisions. For more information about healthy catering options, see [Prevention Partners' Catering Policy & Events Guidelines](#)