



## **PERS 5 A Day Wrap-Up Session** **(For Nutritionists/Extension Staff)**

**Goal:** To encourage the worksite to provide fruit and vegetable options for employees throughout the workday, at breaks, meetings, company sponsored events.

**Focus:** To establish policy and environmental change interventions that will support/sustain employee efforts to increase their fruit/vegetable intake.

### **Background Information:**

- ✦ We spend the majority of our days at our worksite. While at work, employees often look to each other for communication, education and peer support. Worksites can offer many opportunities to support/sustain a healthy lifestyle.
- ✦ Worksites can foster policies and environments that support healthy food and beverage choices.
- ✦ Policy and Environmental change interventions can impact a broad audience and support long-term changes in health behaviors.
- ✦ Policies and changes in the environment are long lasting and will continue even after this program ends or staff changes.
- ✦ What are Policy and Environmental Changes? They are interventions designed to improve the health of all people.
- ✦ Policy Changes describe modifications to laws, regulations, formal and informal rules. Policy changes can occur at different levels, such as the organizational level (a single worksite), the community level (an entire school system), or at the society level (state legislation). For example, a company could choose to make water the preferred drink (rather than coffee) provided at company meetings and add a policy to the policy book or manual stating such.
- ✦ Environmental Change describes changes to physical environments that would provide new or enhanced supports for healthy behaviors. An environmental change is one that makes it easier for people to make a healthy food choice. For example, an environmental change could include price differences in a vending machine. Water might be priced at 75 cents, while soda pop costs \$1.50. Other changes might include regular and consistent messages promoting healthy habits, such as drinking more water.



“Without access to fruits and vegetables on the job, a working adult would have to eat 1 to 2 servings of fruits or vegetables every waking hour after work in order to meet the recommendation of 5 to 9 servings daily”

(California Nutrition Network and California 5 A Day Campaign Issue Brief, Vol. 1, Issue 1, January 2004.)

## **Class Content:**

**Opening:** Welcome to class participants.  
Provide a fruit or vegetable snack of your choice (with recipe).

**Discussion:** Discuss the PERS 5 A Day Challenge: “How’d it Go”  
Some possible questions to ask all participants:

1. Did it increase your fruit/vegetable intake?
2. Was it fun? Did you learn something new?
3. How did it affect your family’s meals and snacks?
4. Did you find the packet material helpful?
5. Were there any negative consequences?

**Action Steps:** Brainstorm for “do-able” worksite policy & environmental changes. List all participant suggestions, and then facilitate a discussion on a list of possible ones to help sustain the efforts of the PERS 5 A Day Challenge. (See list of suggestions at the end of lesson plan). Give list to worksite wellness coordinator for implementation. Hand out ½ sheet of paper/envelope to each Participant. Have participants self-address an envelope, write down on a sheet of paper 2 ideas for worksite changes and 1 idea for their individual change and insert in the envelope. Collect and give the envelopes to Wellness Coordinator to handout/mail in 3 months.

**Closing:** Thank each participant for completing the PERS 5 A Day Challenge.

## **Recommendations for Worksites:**

### **Regular and consistent messages:**

- Regularly featured health promotion topics and messages in organizational media (e.g. newsletters, payroll stuffers, bulletin boards).
- Cafeteria or vending signage or labeling healthy food/beverage items (e.g. table tents, menu cards, stickers, etc.).
- Worksite events celebrating healthy eating and physical activity.



### **Facilities and Environment:**

- Increase physical improvements promoting nutrition (e.g. break room, new salad bar, fruit baskets, fridge for employees, educational racks).
- Offer a seasonal farmer’s market provided on worksite grounds (if possible).

- Provide water fountains or coolers for employees or a place for bottled water.

**Policies, Practices and Incentives:**

- Establish a worksite wellness committee. Provide training for coordinator (Train the trainer approach)
- Establish nutritional guidelines or policy related to serving healthy food/beverages for meetings, trainings, etc.
- Establish a policy for allowing paid work time or other incentives (e.g. contests, awards) for physical activity and diet/nutrition programs or behaviors.
- Change food/vending costs so that healthy items can be offered at the same or reduced cost than “other items”.

**Resources:**

1. [www.5aday.gov](http://www.5aday.gov)
2. [www.5aday.com](http://www.5aday.com)
3. [www.ext.nodak.edu](http://www.ext.nodak.edu)
4. [www.state.nd.us./ndpers](http://www.state.nd.us./ndpers)
5. [www.eatsmartmovemoreNC.com](http://www.eatsmartmovemoreNC.com)
6. [www.tompkins-co.org/wellness/worksite](http://www.tompkins-co.org/wellness/worksite)
7. Tasty Tips for Eating Well at Work
8. Bring to Work Snacks & Lunches
9. Simple Ways to Promote Wellness at Work
10. Healthy Vending Options

Information taken from: Eat Smart Move More North Carolina, California Nutrition Network and California 5 A Day. September 2004.