



The next level of better-for-you

Additional programs that support worksite eating initiatives

You can keep better-for-you decision making top-of-mind — at work and at home — through additional support programs.

- **On-site community supported agriculture (CSA) drop-off program** — A CSA program gives employees access to locally grown produce. Employees who sign up receive a “share” of tasty fruits and vegetables each week during the growing season. They can be dropped off at the worksite for easy pick up.
- **Fruit share programs** — These programs give employees access to affordable fresh fruit that’s delivered to the worksite when in season. You can use fruit shares to make fresh fruit available every day at no charge, or offer it at a minimal per-item cost to help offset expenses.
- **Farmers markets** — An on-site farmers market can provide employees with a variety of fresh foods at lower prices. Seek support from leaders and designate a team focused on planning and staffing the market.
- **On-site “lunch and learn” sessions** — Host a series of “lunch and learn” sessions about better-for-you cooking, eating and other health-related topics. Be creative so each session is fun and engaging.
- **On-site cooking demonstrations** — Consider using cooking demonstrations to teach employees easy recipes, tips and tricks they can use at home. A complete library of more than 1,500 tasty, better-for-you recipes can be found at yumpower.com.
- **Discount programs** — Corporate and retail discount programs can provide savings on a variety of better-for-you products and services. You can create your own employer-sponsored program or promote an existing one. For example, HealthPartners members have access to Healthy Discounts, a program that includes more than 75 retailers. For more information, visit healthpartners.com/discounts and click “Retail savings.”



For more tasty tips and useful resources, visit yumpower.com.