MAKE HEALTHY FOOD THE EASY CHOICE AT WORK

NATIONAL NUTRITION WEEK 2026 • Creating Healthy Food Environments for Better Nutrition •

What is a food environment?

It is the places and conditions that influence how and what people eat, including how they access, buy, prepare and eat food.

Health
Basic Education
Social Development

What is a healthy food environment?

It is an environment where healthy, safe, and affordable food and water are readily accessible and healthier choices easier to make.

What can workplaces do?

- Make healthy food and safe drinking water readily available
- Offer healthier meals and refreshments at meetings and events
- Include indigenous and traditional food options in workplace cafeterias, canteens and catered meetings
- Create breastfeeding-friendly spaces and provide time to express breastmilk
- Support maternity protection and flexible return-to-work arrangements
- Create a workplace culture that supports health and well-being
- Reduce food waste at meetings and events by planning portions carefully and making use of leftover food where appropriate
- Support healthy packed lunches by providing facilities such as refrigerators and microwaves in workplaces
- Where vending machines are available, offer healthier snack and drink options to make nutritious choices easier

Ask yourself:

What can our workplace do to make healthy food the easy choice?