

Workplace Health Intervention Inspiration

Honesty Fruit Bowl©



The Honesty Fruit Bowl is a wall-mounted unit, which holds fruit and a money deposit box providing easily accessible fruit to the workforce. The honesty fruit bowl is supported by a fruit delivery service to refill with fresh fruit.

Benefits:

- Provides easily, accessible healthy options for workforces
- Minimal ongoing cost to employer
- Communicates healthy values to workforce and visitors
- Opportunity for bespoke graphical branding
- Various sizes suitable for any size of organisation
- Improved diet and health can reduce absence, employee turnover, legal risk and increase performance, employee engagement and productivity.

Costs:

Cost per unit ranges from £200+ size depending.

For more information or advice on using honesty systems contact Uscreates, us@uscreates.com

Created by Uscreates as part of the Experience Food initiative.

Additional interventions include Health and Nutrition MOTs, The Visiting Chef, Lunch Service Delivery Development, and Experience Food Roundtable. For more workplace health intervention ideas visit www.experiencefood.co.uk

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Workplace Health Intervention Inspiration

Health and Nutrition MOTs



A day of Health and Nutrition MOTs offering the workforce fifteen minute one-to-one sessions with a qualified dietician. The sessions provide participants with a 5– point action plan to make positive changes to their health.

Benefits:

- Provides opportunities and support for employees who want to make improvements to their health and nutrition
- Communicates to workforce that their health is valued by their employer
- Minimal disruption to working day (15 min drop in sessions)
- Optional personalised text service sending supporting information
- Improved diet and health can reduce absence, employee turnover, legal risk and increase performance, employee engagement and productivity.

Costs:

The cost of the Health and Nutrition MOT package varies depending on the number of MOTs provided. Prices start as £1500 for a day of MOTs provided by a qualified dietician.

Printed materials and supporting services can be provided at a further cost.

For more information or advice on organising your own Health and Nutrition MOTs contact us@uscreates.com

Workplace Health Intervention Inspiration

The Visiting Chef



The Visiting Chef is a half-day event with a top executive chef providing cooking demonstrations, tasters, recipe cards and lunchtime inspiration for the workforce. The onsite event provides ideas and inspiration tailored to the workforce and their environment and creates a fun, social event.

Benefits:

- Great workforce morale building event
- Engaging and interactive communication method
- Recipes and ideas tailored to workforce needs and facilities
- Stylish recipe cards for employees to takeaway
- Improved diet and health can reduce absence, employee turnover, legal risk and increase performance, employee engagement and productivity.

Costs:

The basic cost of the Visiting Chef event is £750 to include canapé tasters, cooking demonstrations, and 200 printed recipe cards. Additional recipe cards and catering can be provided.

For more information or advice on organising a Visiting Chef event contact us@uscreates.com

Workplace Health Intervention Inspiration

Lunch Delivery Service Development



Development work with local food service providers to develop improved menus, service and delivery options. Uscreates' consultants works with local food suppliers to improve their offer to organisations therefore increasing sales and providing improved, healthy, tasty options to the workforce.

Benefits:

Creates healthy, easy and appealing options to workforce

Supports and develops local businesses

Improved diet and health can reduce absence, employee turnover, legal risk and increase performance, employee engagement and productivity

Costs:

Prices start at £700 for workshop facilitation to develop improved services.

For more information or advice on working with your local food service providers contact us@uscreates.com

Workplace Health Intervention Inspiration

Experience Food Roundtable



A participatory workshop to develop health promotion opportunities within an organisation. The workshop explores the current organisational culture, identifies potential areas for improvement and generates methods of bringing about change. The workshop involves representatives from the workforce and senior management to ensure effective, achievable outcomes.

Benefits:

- Bottom up approach improves acceptance and effectiveness
- Solutions developed to address specific organisational needs
- Workforce empowered to contribute to changes
- Improved diet and health can reduce absence, employee turnover, legal risk and increase performance, employee engagement and productivity.

Costs:

Prices start at £700 for workshop facilitation and *Recommendation and Evaluation Report*.

For more information or advice on creating your own participatory workshop contact us@uscreates.com

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