

Nutrition Wellness Champion Agreement

Introduction

(Insert company) encourages our workforce to make conscious nutritional choices that impact their wellbeing, health, and longevity. Through the support and diligence of our Nutrition Wellness Champions, our mission is to offer an impactful company-wide nutrition program that meets the needs of our employees, while doing our best to preventatively impact health care costs and the livelihood of those servicing *(insert company)*. Our expectations of the Nutrition Wellness Champions are to maintain relationships between employees and management, propose new ideas, increase employee engagement in nutritional programming and provides feedback to *(insert company)* leadership to gain support for nutrition workplace wellness initiatives.

Purpose

Nutrition Wellness Champions shall serve for the purpose of analyzing the current nutrition workplace wellness initiatives, helping to increase engagement, and planning and executing current and future nutrition wellness strategies.

Member Selection

- Nutrition Wellness Champions volunteer for this position and final selection is made by *(insert HR Dept, manager, wellness coordinator, etc.)*.
- Nutrition Wellness Champion positions will be filled by voluntary employees. When volunteers do not come forward, members will be appointed by *(insert HR Dept, manager, wellness coordinator, etc.)*.
- Nutrition Wellness Champions must serve for a minimum *(insert time frame)* term, and *(insert company)* will fill the vacancy or replace the member at the conclusion of one's term. Nutrition Wellness Champions may continue to be a Nutrition Wellness Champion beyond the minimum term if desired and approved by *(insert HR Dept, manager, wellness coordinator, etc.)*.

Qualifications, Responsibilities, and Expectations of Members

- Nutrition Wellness Champions should be actively engaged, viewed as an informal leader and resource by their peers. While a member may be a nutrition subject matter expert, it is not necessary to be considered for champion selection.
- Those selected to serve will be expected to:
 - Have a strong interest in understanding and enhancing the nutrition worksite wellness program.
 - Have decision-making ability as well as the ability to commit resources such as time.
 - Take an evidence-based approach to understanding and advising on changes or additional initiatives to the nutrition worksite wellness program.
 - Understand the impact of decisions on the budget.
 - Consider diversity and inclusion when providing nutrition activities and education.
 - Put personal preferences aside and provide nutrition programming suggestions based on the needs and interests of the broader employee population.
- Members will serve as a liaison between employees, management, and the human resource department.
- Meetings will be held *(inset time frame)*, with additional meetings as needed based on the work of the Nutrition Wellness Champions. To ensure a consistent and productive ongoing dialogue, Nutrition Wellness Champions may not send substitutes.

Wellness Champion Signature _____ Date _____