

ONE OF THE PILLARS THAT HELP CREATE A HEALTHY CULTURE OF NUTRITION IN THE WORK SETTING ARE **NUTRITION WORKPLACE CHAMPIONS (NWC)**. NWC'S ARE EMPLOYEES WHO ARE PASSIONATE ABOUT GOOD NUTRITION, TAKE AN ACTIVE ROLE REGARDING EATING HEALTHY AND LEAD BY EXAMPLE AMONG THEIR COWORKERS.

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## 5 ways to select a Nutrition Workplace Champion

- 1.They are a part of the employee social network and are able to educate the workforce on the benefits of good nutrition.
  - 2.They provide support and guidance to coworkers who want to achieve wellness, but need assistance along their journey.
  - 3.They have compassion and understand the difficulty faced on a day to day basis when trying to eat healthy at work.
  - 4.They are a sounding board, representing the employees' concerns about healthful nutrition in the work setting and can voice those concerns to management.
  5. They work to create long term solutions for a supportive social, behavioral, and physical nutrition workplace culture.
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## 4 ways management and HR can support NWC's & create a positive nutrition workplace culture

1. Allow the NWC adequate time to organize nutrition activities and events.
2. Attend nutrition events with employees.
3. Encourage new ideas to improve the culture of nutrition at work.
4. Acknowledging the hard work of the NWC and how it is supporting nutrition workplace efforts.