

# Snack Attack

### Be the Advocate in the Workplace...Send a healthy message.

#### Get on Track with a Healthy Snack Attack.

Eating small frequent healthy meals or snacks will keep your energy up and make you less prone to overeat at your next meal.

#### Create a connection between the workplace and the healthy message you provide.

Become a champion for your employees to make healthy eating choices in the workplace and at home. Take the opportunity to use the **Snack Attack** theme for an extended period of time. A month is a good suggested amount of time. Publicize the message frequently with employees throughout the month. When trying to help employees take action to make healthy changes it helps to:

- Encourage employees that small steps and goals are necessary for change.
- Focus on good habits and healthy “choices” rather than body weight.
- Maintain good staff-community relations by making recommendations welcoming and fun.
- Make employees partners for change by welcoming healthy change ideas and feedback.

Start by looking at your workplace setting. What opportunities and messages can you give to your employees to make healthy eating choices? Consider the following:

### Tips

- Provide refrigeration for employees to bring healthy snacks from home.
- Provide healthy snacks for employees to purchase during work hours.  
*For example:* Make available individual servings of fruit, granola, pretzels or yogurt for employees.
- Provide extended cafeteria hours so employees can grab healthy snacks on off hours.

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### How to Take Action:

- Provide employees with the **Snack Attack** tip sheets to learn about healthy snacking.
- Use the action ideas provided.
- Frequently communicate action ideas and messages to employees during the designated **Snack Attack** theme time period.
- Download resources provided to provide employees with additional information.

# Snack Attack

### Take Action: Put Health in Motion!

Action #1: **Post fun and friendly Snack Attack reminders** around the workplace to create an environment of encouragement for employees to set goals and learn about healthy snack options. (Use Snack Attack Posters.)

### Action #2: Provide Healthy Snack Options

Provide other snack options other than vending machines in the workplace. Informally **survey** your employees to see what they would like to include for other healthy snack options. Ideas include:

- For office parties and events include a fruit or vegetable platter with dips instead of chips or sweets.
- Display ideas for healthy snack tips at work in a visible location. Use the **Snack Attack Healthy snack tips** to offer healthy ideas.

Consider long-term, vending options in the workplace and discuss healthy options with your vending wholesaler. Make changes after surveying and communicating with employees. Consider:

- **Number** of vending machines.
- **Location** of machines.
- **Food** choices in the vending machines.

### Why A Healthy Snack Attack?

- In today's society, "snacking" is often linked with high-fat and sugar foods. There is a need to bring back the "healthy" in snack.
- Too often we are making poor snack choices with foods loaded with calories and little nutritional value.
- Many workers consume a significant portion of food away from home. Foods consumed at cafeterias, from vending machines, and in other public food-service establishments are often not as nutritious or healthy as foods prepared at home.
- Making healthy food choices available at work is one way to encourage employees to eat healthy and may help prevent the effects of diet-related chronic diseases.

Source: [www.CDC.gov](http://www.CDC.gov)

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge. Working to make healthy eating and physical activity a regular part of your life at home and at work.

### Resources:

- **Snack Attack: Are you having one?** Poster for vending machine, break, and cafeteria areas.
- **Snack Attack Healthy Snack Tips.** Display ideas for healthy snack tips at work in a visible location.
- **Choosing Foods and Beverages for Healthy Meetings, Conferences and Events.** This document offers guidelines for selecting healthier foods and beverages for meetings, conferences and other work-related events. [www.cdc.gov/nccdphp/dnpa/nutrition.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition.htm) or [www.cdc.gov/nccdphp/dnpa/pdf/Healthy\\_Worksite\\_Food.pdf](http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf)
- **Guide to healthy vending machines;** The Alabama Department of Public Health Nutrition and Physical Activity. [www.adph.org/nutrition](http://www.adph.org/nutrition)
- **Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events.** [www.sph.umn.edu/news/nutritionalguidelines.html](http://www.sph.umn.edu/news/nutritionalguidelines.html)