

Serve Up a Healthier You

Healthy workplaces, healthy employees and healthy communities are a shared responsibility.

Successful wellness programs promote a healthy work environment and encourage staff to take steps to protect or improve their health.

Employee wellness programs offer many benefits:

- Reduced injuries
- Fewer absences
- Decreased workers' compensation and disability management claims costs
- Decreased healthcare costs
- Enhanced productivity
- Less staff turnover
- Increased employee satisfaction and morale

Child Nutrition employees play a vital role in school wellness and have an opportunity to set a healthy example for students, other school staff and families.

For staff wellness info:

- Talk with the cafeteria manager at your school.
- Contact the Child Nutrition Director for your school system.
- Contact the Child Nutrition Staff Wellness Committee.

Check out Resources for Schools at www.nutritionnc.com.

