

# Indicators of Success for the Nine Essential Elements

These indicators represent the definitions of success for each of the Nine Essential Elements of a Healthy Workplace Nutrition Environment. Use the Healthy Eating in the Workplace Checklist to keep track of the indicators that have been completed in your workplace.

Essential Element	1	2	3	4	5	6	7	8	9
	Organizational Commitment	Social Environment	Physical Environment	Food Access	Nutrition Education for Employees	Nutrition Education for Decision-Makers	Dietetic Services	Safe Food	Nutrition Policies
Description	The organization supports the implementation of the Nine Essential Elements	Employees are offered 'Foods to Limit' less often	Employees have equipment to store, prepare and eat food at work.	Healthy food is sold in retail settings and healthy food is offered during workplace related functions.	Employees and their families have access to nutrition education provided by a Registered Dietitian	Key decision-makers and intermediaries receive education provided by a Registered Dietitian	Employees with health concerns have access to one-on-one counselling from a Registered Dietitian	Food offered and sold to employees is handled safely and employees have enough information to identify allergens	Workplace nutrition policies are written and enforced.
Indicators	Management has agreed to work towards meeting the Definitions of Success for each of the Nine Essential Elements	Employees have 30 minutes for a meal break	Employees have a place to store food	Retail settings offer a minimum % of healthy food and beverage options	All nutrition education and skill building is based on information from a Registered Dietitian	Wellness committee members have education from a Registered Dietitian on the topic of promoting nutrition in the workplace	Employees with relevant health concerns have access to one-on-one counselling from a Registered Dietitian, through benefits, through on-site programs or through an Employee Assistance Program	Food sold in the workplace adheres to Safe Food Handling regulations	Nutrition policies are written and enforced, including:
	A committee that addresses wellness has been established	Employees are not rewarded with food	Employees have equipment to prepare food	Healthy options are easy to buy	Employees' families are invited to attend nutrition education opportunities	Relevant managers, decision-makers and stakeholder have education from a Registered Dietitian on the topic of promoting nutrition in the workplace	In retail settings, at least one full time employee has current Safe Handler Training	Contracts with retail food services require a minimum percentage of healthy options, requirements about price, placement and promotion of healthy options and a requirement to have at least one full time safe food handler. Operators must be able to provide nutrition information upon request	
	The workplace is making efforts to reduce weight bias	Food is not used as an incentive in the workplace	Employees have a place to wash dishes	Healthy options cost the same or less than other options	Peer support group is available that supports healthy eating habits		Food offered during meetings and events is handled safely	Food served during meetings, events and celebrations policy	
	Food is not used to fundraise for external agencies	Food is not left in common areas	Employees have a comfortable place to eat	Nutrition information is available in retail settings			Participants have an opportunity to state special dietary needs before food is ordered	Fundraising policy	
	Food donated to other agencies is healthy.	Healthy choices are offered during workplace celebrations	Eating areas are equipped with garbage, recycling and organics bins	Food offered meets the diverse needs of the employee population				Harassment prevention policy	
	The workplace is addressing work stress	Workplace celebrations that offer less healthy food occur infrequently (e.g., once a month or less)	Any outdoor seating has shade	Healthy food is offered at meetings and events, when food is served				Meal breaks policy	
		Food is not used to raise money in the workplace							