School nutrition professionals across the nation have been working non-stop with preparing and serving nutritious meals for students. Support staff health and wellness with these tips to encourage positive workplace well-being for staff.

PROMOTING HEALTH AND WELLNESS

- Post stress management tips throughout the workplace to support a positive work environment.
- Encourage social interactive activities during breaks, like a short walk or start a recipe sharing club.
- Empower employees to set attainable, short-term health goals.

TIPS

- Offer incentives for employees who achieve health goals
- Create a quiet space for self-guided meditation sessions

SHOWING STAFF APPRECIATION

- Promote School Lunch Hero Day
- Reward employees when they maintain or accomplish new skills, high-performance, and professional certifications and credentials
- Host employee of the month or hall of fame celebrations