

# BEST WAYS FOR PROMOTING EMPLOYEE HEALTH AND WELLNESS IN SCHOOL NUTRITION

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



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



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