



## WORKFORCE NUTRITION

### Updates and Insights

Greetings!

Welcome to the seventh issue of our "Workforce Nutrition - Updates and Insights" newsletter.

If you have any questions or suggestions, please let us know at [info@workforcenutrition.org](mailto:info@workforcenutrition.org)

## Newsletter No 7 / 1 December 2022

### **“Healthy Meals Are a Dream Come True for Female Garment Workers in Bangladesh”**

#### **Forbes article highlights the importance of workforce nutrition**



Regular Forbes contributor Daphne Ewing-Chow reported about the living and working conditions of female garment workers in Bangladesh. Snowtex Outerwear Ltd, a garment exporter, has committed to Strengthening Workers' Access to Pertinent Nutrition Opportunities (SWAPNO), which is a workforce nutrition project that aims at overcoming nutritional challenges among the company's factory workers.

According to S.M. Khaled, Managing Director of Snowtex, the benefits are clear: “If they eat healthy, they stay fit, which serves both the workers and the company.” The programme consists of the implementation of nutritional educational programmes among the workforce including training in basic nutrition, food systems, diversified food and hygiene.

An independent study commissioned by GAIN revealed that the full package of interventions SWAPNO has put in place has the potential to improve anemia rates by up to 32%. Anemia is associated with fatigue, reduced physical activity, impaired

cognitive capacities and reduced work productivity, and is most frequently caused by inadequate nutrition.

[Click here](#)

## ATNI's new research underpins the nutrition crisis in the UK: the out-of-home (OOH) food sector has an important role to play

### WNA: Enhanced workforce nutrition programmes would help to provide access to nutritious food

The UK is facing a nutrition challenge: poor diet is responsible for around one in seven of all deaths in the UK. Government policy has reacted to this nutrition crisis in two ways. First, legislation requires compulsory calorie labelling by larger restaurant chains. And voluntary guidelines have been developed to encourage the food industry, including the OOH food sector, to reduce salt, sugar and calories in their products.

Company	Grade	% of points	Rank
None	A		
None	B		
McDonald's	C	52%	1
Greggs	C	49%	2
Costa Coffee	D	32%	3
Burger King	D	27%	4
Pizza Hut	D	22%	5
KFC	D	21%	6
Yum! Brands	D	20%	7
Domino's	D	20%	7
Coca-Cola	E	11%	9
Restaurant Brands International	E	8%	10

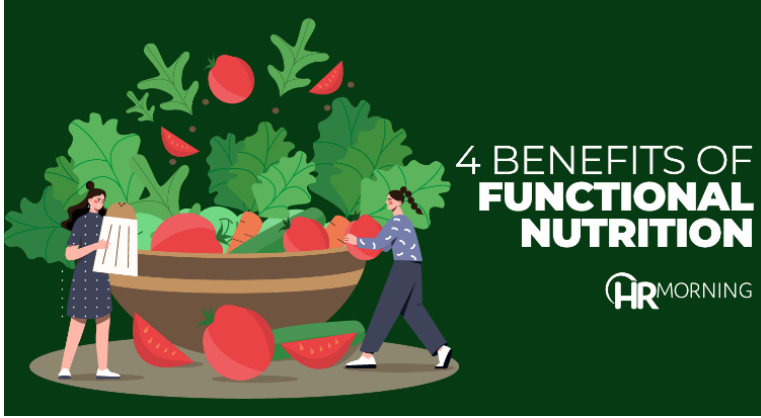
The recent Access to Nutrition Index (ATNI) research highlights the strong imperatives from government, compounded by investors and the public, encouraging OOH companies to report comprehensively on how they are helping to address the UK's diet-related health challenges, particularly during the cost of living crisis.

Bärbel Weiligmann, Global Lead for Workforce Nutrition at GAIN, said, "While the food industry is asked to contribute to addressing the current situation in the country, the entire private sector can take action by starting or improving existing workforce nutrition programmes." ATNI assessed 10 OOH food companies on nutrition disclosure in the UK, including well-known brands and their parent companies: Burger King, Coca-Cola, Costa Coffee, Domino's, Greggs, KFC, McDonald's, Pizza Hut, Restaurant Brands International and Yum! Brands.

[Read the full article](#)

## US-based Human Resource portal: pivotal role of workforce nutrition Educating employees on the power of food

"The connection between nutrition and health is powerful, but not always thoroughly understood by employers or benefits professionals." This is the conclusion reached by Mark Kingsriter and



Brenda Navin, nutrition and wellbeing experts who regularly contribute articles to the US-based human resource portal HRMorning. The authors highlight “the benefits of healthy nutrition and its impact on well-being include alleviating symptoms of chronic conditions,

balancing hormones to boost energy and reduce stress, managing gut disorders to increase productivity, and, finally, reducing dementia risk.”

[Read the full article](#)

### The benefits of women's wellness at work: Increased creativity, productivity, and morale

Despite the many advances made in recent years in helping promote gender equality in the workplace, women still face unique challenges in maintaining their health and well-being, says Abidemi (Abi) Marsh, a Female Empowerment Coach. In her recent article, published in PS News, a news portal for Australia’s government employees, she provides tips that aim at supporting women’s wellness at the workplace.



In the attempt to build a more inclusive and equitable work environment, Abi points out that the importance of creating a workplace culture to support of women's health. Offering healthy food options is one pivotal way of promoting women's wellness in the workplace.

According to Abi, research shows that there is no doubt that healthy food options are vital both to a person's physical health and their mental wellbeing.

[Read the full article](#)

**“Fish consumption has a protective effect on depression. This can be attributed to its high content of omega-3 fatty acids.”**

**WNA Blog** *‘Food for Mood: You feel what you eat’*  
- September 2022

**Learn more:**

**[www.workforcenutrition.org](http://www.workforcenutrition.org)**



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### About us

The Workforce Nutrition Alliance was launched by The Consumer Goods Forum (CGF) and the Global Alliance for Improved Nutrition (GAIN) in October 2019. The Alliance aims to improve access to and awareness of healthy nutrition for +3 million employees in member organizations and supply chains by 2025, with a target of over ten million by 2030. You can learn more about workforce nutrition and the Workforce Nutrition Alliance [on our website](http://www.workforcenutrition.org).

**Workforce Nutrition Alliance | [www.WorkforceNutrition.org](http://www.WorkforceNutrition.org)**