



WORKFORCE NUTRITION Updates and Insights

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Greetings!

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

If you have any questions, or suggestions of topics you'd like to see in the next newsletter, please let us know at info@workforcenutrition.org.

Aligning workforce nutrition programmes with ESG reporting

Industry experts and Google shared and discussed practical examples

On Tuesday 18 June 2024, around 70 HR, nutrition experts and sustainability professionals took part in the latest Workforce Nutrition Alliance (WNA) webinar in partnership with Google, the focus was on aligning workforce nutrition programmes with ESG reporting.

The event put the spotlight on Google's dedication to workforce nutrition and sustainability in food service management. Speakers delved into innovative strategies to minimise environmental impact, encourage balanced diets and effectively collect ESG metrics. They underscored the importance of companies adopting existing reporting standards, linking them to healthy workplace food indicators and fostering sustainable practices. The discussion also highlighted how robust workforce nutrition programmes can enhance a company's reputation as a responsible employer.



Photo credits: David Exodus / GAIN Nigeria 2023

You can watch the recording of the webinar's recording and take a deep dive into the slides.

[Watch the recording](#)

[Access the slides](#)

Ready to embark on improving workforce nutrition?

If the answer is “yes”, the WNA can help. It offers a valuable platform to enhance employee well-being through initiatives like healthy food at work, nutrition education, breastfeeding support and nutrition health checks. The **fifth edition** of the **Workforce Nutrition Masterclass**, our highly comprehensive programme, starts on **18 September 2024**. You can already register now!

This is an excellent opportunity to enhance your employees' health and productivity. Sign up for the new edition of the Workforce Nutrition Masterclass through the button below and take the first step towards implementing workforce nutrition initiatives in your organisation!

COMING SOON

Workforce Nutrition Masterclass

18 SEPTEMBER 2024

The masterclass to kick-off workforce
nutrition in your organisation



Register

Balanced plant-forward approaches hold immense potential for impact in Western countries

International publications confirm current trend

The shift towards plant-based diets, especially in Western countries, holds the promise of substantial environmental benefits. This transition can lead to reduced land use, lower greenhouse gas emissions and decreased water consumption in food production, according to an article in *The Guardian* ([link](#)).

However, a recent article in *The Food Navigator* ([link](#)) discussed the issue of affordability remaining a significant obstacle to the widespread adoption of plant-based diets. The ongoing cost-of-living crisis has further complicated matters, with consumers cutting back on higher-priced items, including plant-based meat substitutes.

Given the multitude of benefits that plant-based diets offer for both the environment and individual health, and considering that employees spend a significant portion of their lives at work, employers are uniquely positioned to make a positive impact. By promoting diverse plant-based options in workplace cafeterias and catering, companies can contribute to environmental sustainability and improve their employees' health outcomes, especially in Western countries.



Photo credits: GettyImages/SolStock,/ Food Navigator

The WNA offers a comprehensive suite of support services for organisations looking for expert guidance in creating and implementing healthy food initiatives tailored to your organization's unique needs. These services, designed for executives responsible for workplace nutrition programmes, include detailed scorecards, informative guidebooks, engaging webinars and an intensive three-month online Masterclass. With these resources, you can effectively develop and execute nutrition strategies that benefit both your employees, the environment and your organization.

[Click here to read more](#)

Workforce Nutrition Alliance marks a year of success

Achievements in 2023 confirm the Alliance is ahead of schedule

The WNA has made remarkable progress towards its ambitious goal of reaching three million employees in organisations and supply chains by 2025, and over ten million by 2030. In just its third year, WNA's nutrition programmes have already impacted six million workers through dedicated advocacy and technical support, with strong momentum to achieve its target of ten million by 2030.

Bärbel Weiligmann, Lead Workforce Nutrition at the Global Alliance for Improved Nutrition (GAIN), said: *“These achievements underscore a fundamental shift in how companies view employee well-being. As we move towards our goal of impacting 10 million workers by 2030, it's clear that workforce nutrition is no longer just a nice-to-have. It has become a strategic imperative for forward-thinking organisations”*.

In 2023 alone, 344 scorecard assessments were conducted across 67 organisations, spanning worksites in 48 countries. Impressively, 49% of these assessments resulted in top-tier status, with 9% achieving Gold and 40% attaining Silver. These evaluations, using the WNA's self-assessment scorecard, serve as a critical foundation for developing effective and impactful workforce nutrition programme. And that's not all. Read more by clicking on the link below:

Workforce Nutrition Alliance Services

SELF ASSESSMENT LEVELS (%)

In 2023, **344 worksites** conducted self-assessments of their workforce nutrition programmes



Gold - 9%



Bronze - 33%



Silver - 40%



Beginner - 17%

Progress Review 2024: Workforce Nutrition Alliance
May 2024



[Click here to learn more](#)

UNICEF: One in four young children deprived of nutritious food

The role of workplace nutrition initiatives in fighting child malnutrition

A recent UNICEF report revealed a troubling statistic: one in four children around the world under the age of five are severely deprived of nutritious diets, affecting their lifelong health and development. That amounts to over 180 million children. Poor nutrition affects children and their parents, and therefore has a knock-on impact on the workforce. Employees concerned about providing their families with a nutritious diet may be less focused and productive at work, and they probably do not have a nutritious diet themselves.

The report highlights successes in Nepal and Burkina Faso, where multisector approaches have reduced child food poverty and malnutrition. As employers, you can break the cycle by replicating this success, positively impacting employees, their families, and future generations by implementing comprehensive workforce nutrition programmes.



These programmes include healthy food options, nutrition education, breastfeeding support and health checks interventions. This directly addresses barriers identified in the report: low household income, lack of information about healthy food choices and easy access to unhealthy processed foods. By adopting these strategies, as an employer you can foster a healthier, more productive workforce, while supporting the broader community.

[Click here to read the report](#)

"For every USD 1 invested to support breastfeeding, employers realise a cost saving of USD 3"



Download the workforce nutrition guidebooks for free:
<https://workforcenutrition.org/guidebook-series/>



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 Workforce Nutrition Alliance's aim is to support employers to adopt and expand healthier workforce nutrition programmes to reach three million employees in organisations and supply chains by 2025 and over ten million by 2030.