



WORKFORCE NUTRITION Updates & Insights

Newsletter No 37 / 31 July 2025

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.

Investing in Nutrition at Work: A Smart Business Move?

A recent Peer review report by Quak et al. 2025 highlights compelling evidence for the business case of Workforce Nutrition Programmes

A recent review published in Frontiers in Public Health highlights two primary pathways through which Workforce Nutrition Programmes (WNPs) can benefit businesses: cost savings and increased sales and revenue. The study found that improved worker nutrition is associated with up to 25–30% reductions in sick leave, lower voluntary staff turnover, and decreased health-related expenses, with reported returns on investment (ROI) of up to 1:6. Additionally, better nutrition was linked to higher productivity through reduced presenteeism, as well as improved job satisfaction and enhanced corporate reputation. These findings underscore the potential of WNPs to contribute not only to employee health and wellbeing, but also to tangible business performance outcomes.

Workforce Nutrition Programme Impact Pathways

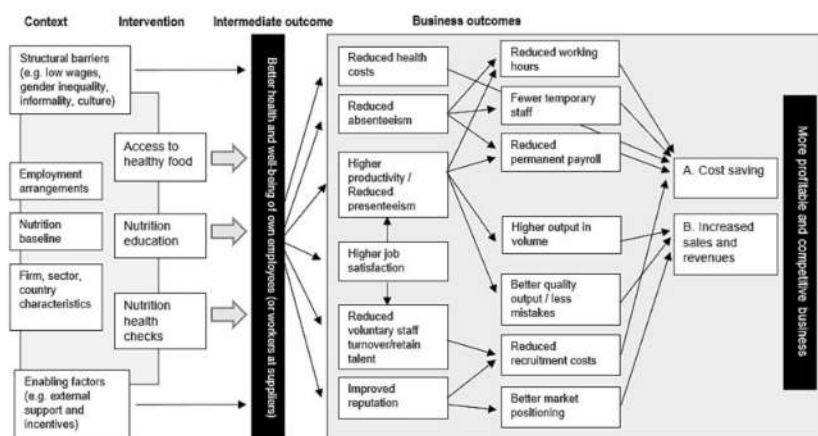


FIGURE 1
Impact pathways for linking business benefits with WNP. Image created by the authors.

Quak, E., Ebata, A., & Barnett, I. (2025). A review of the business case for workforce nutrition initiatives. *Frontiers in Public Health*, 13. <https://doi.org/10.3389/fpubh.2025.1592601>

Read full article

Workforce Nutrition Masterclass is coming!

Masterclass is back: 2 September 2025 – 26 November 2025

Have you read the Workforce Nutrition guidebook and found yourself thinking, “This seems simple, but I’m not sure where to begin,” or “We’ve implemented some of this, but the impact isn’t clear,” or even “This doesn’t apply to our context, but we’d like it to”? If so, the Workforce Nutrition Masterclass offers you the guidance you need. Taking place from 2 September to 26 November 2025, this online programme is designed for professionals in HR, sustainability, and employee wellbeing, providing tailored support, practical tools, and structured action plans to help you adapt and strengthen your workforce nutrition initiatives. [Registration](#) is now open, [click here](#) to access the information package.

COMING SOON

Workforce Nutrition Masterclass 2025

2 September - 26 November 2025



“We are encouraging to consider investing in having their worksites join the Masterclass to gain access to personalised assistance and further tools to assist them in developing successful programmes.”

Humans Behind Workforce Nutrition: A Case Study Booklet
July 2024



Zinhle Tyikwe
Chief Executive Officer
CGCSA



[Find out more](#)

Paving the Way for Nutrition in ESG: India's 3rd Workforce Nutrition Roundtable

A collaborative roundtable led by GAIN, ATNi, and IICA marks a key step toward integrating employee nutrition and wellbeing into India's ESG disclosure frameworks.

Last month, GAIN, the Access to Nutrition Initiative (ATNi), and IICA India hosted the 3rd consultation roundtable in New Delhi, gathering over 50 representatives from government bodies, trade unions, corporates, and global organisations including UNICEF India, ILO, FAO, and the Confederation of Indian Industry. The dialogue spotlighted how companies are increasingly aligning employee wellbeing and nutrition with their sustainability strategies, reinforcing the need to formally integrate these efforts into India's ESG disclosure frameworks.



Milken Institute Urges Employers to Tackle Diet-Related Disease Through Workforce Nutrition

A new blueprint highlights how food-based workplace strategies can improve employee health, reduce chronic disease, and support business performance

Research from Tufts University's Food is Medicine Institute (FIMI) reveals that poor diets cost the U.S. economy US\$1.1 trillion annually, with over 85% of healthcare costs linked to diet-related diseases. In response, the Milken Institute's new report, "A Blueprint for Employer-Led Food as Health Strategies," urges employers to adopt workforce nutrition programme as a strategic solution. The blueprint outlines how employers can implement food-based wellness programs - such as nutrition education, healthy food access, and produce prescriptions - that align with employee needs and organizational goals. By investing in nutrition as a workplace strategy, companies can improve employee health, enhance productivity, and reduce long-term healthcare costs.



Source: GAIN

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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 works to support employers to bring healthy nutrition to +3 million employees in companies, organisations and supply chains by 2025.

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