

Twin Brooks Healthy Salad Bar Success Story

In honour of Workplace Health and Safety week and Nutrition Month 2015, Twin Brooks Public Health Centre in Edmonton Zone hosted a 'salad bar' staff potluck. The social committee outlined various categories they thought would make a healthy salad, including 'greens', 'protein' and 'other vegetables'. Health centre staff signed up to bring items for the salad bar.

The salad bar was full of healthy and colourful options:

- There were spring mix greens and fresh spinach;
- Staff brought chopped vegetables such as red peppers, cucumber, sliced avocado and grated carrots.
- To make things interesting and add a bit of crunch, toasted coconut flakes, toasted walnuts, whole almonds and a seed mixture were available.
- Fresh fruit options included mango, grapes, apples and melons.
- Other toppings included marinated chickpeas, diced chicken breast, feta cheese and homemade raspberry vinaigrette.
- An olive bread loaf rounded out the meal.

"Most of us try to eat healthy on a regular basis, so a 'healthy' themed potluck is one way we can all eat healthy together".
Staff



For others looking to make healthy eating changes in their workplace, social committee member and Public Health Nurse, Laura Kuebel, suggests leading by example, "It's far easier to eat healthy when everyone around is making healthy choices". Offering guidance on healthy foods to bring and a "sign-up sheets" specifying requested foods is helpful. That way you don't end up with a large variety of desserts". Public Health Nurse and social committee member, Leslie Semashkewich describes the benefits of workplace healthy eating "At the end of the day, you can celebrate eating healthy, and you don't feel like you have ruined your whole day by the choices you made at work".