Nutrition as Self-Care

Using the Food Environment to Nourish the Team
NUTRITION: MORE THAN FOOD & EATING

• “The act or process of nourishing or being nourished...” Merriam-Webster“

• Nutrition is the intake of food, considered in relation to the body’s dietary needs...” WHO
The Nourishing Environment

• The Environment is a critical structure to maintain health practices

• Make the healthy choice the easier choice

• Managers set the stage for a nourishing food environment
ASSESS STRENGTH OF INTENTION

Non-Committal

Weak Intention  Strong Intention

1-4  5-7  8-10

Non-Nourishing  Nourishing
INTENTION GAME CHANGERS

#1 Our Attitude Toward the Outcome

Non-Committal

1-4  5-7  8-10

Negative  Positive

Not Valued  Valued
## INTENTION GAME CHANGERS

### #2 How Much Control we Think we Have

#### Non-Committal

<table>
<thead>
<tr>
<th>1-4</th>
<th>5-7</th>
<th>8-10</th>
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</thead>
<tbody>
<tr>
<td><strong>DIFFICULT</strong></td>
<td><strong>EASY</strong></td>
<td></td>
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<tr>
<td>lunch time meetings</td>
<td>Lunch time honoured</td>
<td></td>
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<tr>
<td>Eating at work station</td>
<td>Separate space for lunch</td>
<td></td>
</tr>
<tr>
<td>No nutritious choices</td>
<td>Nutritious choices</td>
<td></td>
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</tbody>
</table>
ACTION

“Nothing happens until something moves” — Einstein
MAKE TIME TO NOURISH SELF

- When do you nourish yourself?
- Where do you nourish yourself?
- What do you use to nourish yourself?
- How do you nourish yourself?
- Who are you when you are well nourished?
Create the Nourishing Environment

• Be aware of what a nourishing environment looks like
• Commit to making the nourishing choice the easier choice
• Stock vending machines, coffee stations with nourishing foods
• Bring in and share nourishing food with the team
Reliable websites for nutrition information

- **www.eattracker.ca** Use eaTracker to check your food and activity choices, analyze your recipes and plan your meals
- **http://www.cspinet.org/nah/canada/** promotes health through educating the public about nutrition and alcohol
- **http://www.webmd.com/living-healthy** ways to live an inspiring life through natural beauty, nutrition and diet, an active lifestyle
- **http://www.mayoclinic.com/health/nutrition-and-healthy-eating/MY00431/TAB=expertanswers** Provides answers to questions about a variety of nutrition and health-related topics
- **http://www.eatrightontario.ca/en/default.aspx** provides easy-to-use nutrition information to help you make healthier food choices
- **http://www.eatright.org/public/default.aspx** source for scientifically-based health and nutrition information
- **http://www.heartandstroke.mb.ca/site/c.IgLIVOyGpF/b.3661083/k.38F8/Healthy_Living___Healthy_Eating.htm** provides heart-healthy choices that will help you lower your risk of heart disease and stroke.
“If we don’t change our course we will end up where we are heading...”  
_Chinese Proverb_