

POWER UP YOUR WORKPLACE



Virtual Workplace Wellness Workshops

Now, more than ever, taking care of our physical well-being and mental health is essential.

Entertaining and practical presentations on nutrition and wellness help ensure your employees stay healthy and productive.

We understand that workplace wellness programming is not a one-size-fits-all approach. We will work with you to create a program for your company's specific needs and workplace environment.

KEY BENEFITS

As the result of our nutrition and wellness services, participants report:



Increased intake of
fruits, vegetables, and
whole grains



Increased knowledge
in variety of healthy
eating topics



Improved
confidence in basic
culinary skills

Benefits of healthy eating may include increased energy, improved mood, lower disease risk, healthier weight, and extended longevity.

WHAT WE OFFER

Here are some of our program options:

Program Details

Our programs are reasonably priced and designed to fit within one hour to maximize your employees' time. We provide all the necessary program materials & a link to the Zoom meeting. All we need from you is recruiting participants to join!

Topics cover basics of healthy eating, chronic disease management, mindful eating, nutrition misconceptions, staying energized at work and more! Contact us for a topic tailored to the needs of your workplace.



Virtual Cooking Demonstration:

One of our trained nutrition professionals will lead a group of participants in a virtual cooking demonstration with nutrition education weaved throughout the presentation.



Virtual Nutrition Presentation:

One of our trained nutrition professionals will lead a virtual nutrition presentation on the topic of your choice through an interactive PowerPoint presentation and discussion.

Why Operation Food Search?

We have a team of registered dietitians and trained nutrition and culinary professionals on staff.

Barriers to healthy eating are often related to food cost, limited accessibility to fresh foods and lack of culinary skills. We are trained in teaching how to shop for and prepare low cost, healthy meals at home, a benefit to every individual!

