

WORKPLACE WELLNESS

CREATE A MEMORABLE LEARNING EXPERIENCE FOR YOUR TEAM!

YOU KNOW how important employee wellness is to engagement and overall job satisfaction.

BUT DID YOU KNOW that OFS can help improve workplace wellness with our **nutrition education** offerings?

On average, your full-time employees spend more than 1/3 of their lives at the workplace! Programs in the workplace can reduce health risks and improve quality of life.

KEY EMPLOYEE BENEFITS:

- Increased fruit, vegetable, and whole grain intake
- Improved confidence in culinary skills
- Increased knowledge of healthy eating
- Benefits of healthy eating may include increased energy, improved mood, lower disease risk, healthier weight and increased longevity.

Our programs are reasonably priced and we provide all the necessary program materials. Customize your event by doing in-person or virtual classes, Tuesday-Friday, with 5-25 participants.

WHAT WE OFFER:

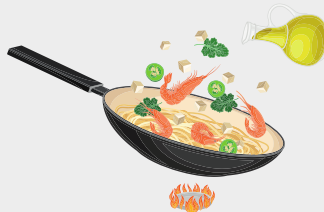


HANDS-ON COOKING CLASS

Hands-on experience for you and your colleagues! This one-hour interactive class empowers participants to make tasty, healthy meals.

What you'll get:

- 1-2 recipes to sample
- Recipes to make at home
- Educational handouts



COOKING DEMONSTRATION

Team building event without the mess! One of our trained nutrition professionals will lead a group in a one-hour cooking demonstration.

What you'll get:

- 1-2 recipes to sample
- Recipes to make at home
- Educational handouts



NUTRITION PRESENTATION

One of our trained nutrition professionals will provide a one-hour nutrition presentation on a variety of topics. Topics such as cooking with herbs and spices, limiting sugars, etc.

What you'll get:

- Recipes to make at home
- Educational handouts

FOR MORE INFORMATION: Ana Barzowski, RD at 314-325-1293 or ana.barzowski@operationfoodsearch.org