



## Harness the Healing Power of Food to Support Chronic Conditions in the Workforce

Encouraging your employees to make informed food choices can enhance well-being, improve overall health, and help manage chronic conditions, like diabetes. Food can truly be a powerful tool for healing. Employers can support employees at work and home by tailoring programs, policies, and workspaces to promote healthy eating.

### Food as Medicine: Strategies for a Healthy Workforce

Encouraging healthy eating habits and good nutrition is essential to fostering a productive workforce. By providing resources, educational programs, and access to nutritious options, employers can help employees take control of their health and manage chronic conditions more effectively. Support employees with initiatives such as healthy eating workshops, nutrition counseling, access to balanced meal options, and efforts to address food insecurity. Workplace initiatives can help improve employee well-being, reduce absenteeism, enhance productivity, and lower healthcare costs over time. By prioritizing food as medicine, organizations can create a supportive environment where employees thrive both personally and professionally.





## What Others Are Doing:

Per the [Business Group on Health](#), strategies to shape a healthy food environment both at work and home may include: influencing the availability, accessibility, and pricing of on-site nutrition options; facilitating broader community engagement through farmer's markets, mobile markets, and community-supported agriculture; providing on-site food pantries for employees in need; and leveraging healthy food as a tool to facilitate social connectedness.



### Resources for your Employees

[Personalize Your Plate](#)

[Food For Health Recipes](#)

[Sample Healthy Shopping List](#)



### KP Member Specific Resources

[Living Well with Diabetes Classes](#)

[Wellness Coaching by Phone](#)

[Healthy Eating](#)

*\*\*Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.*



### Strategic Planning Resources

[Addressing Food Insecurity](#)

[Healthy Lifestyle Toolkit](#)

[Well-being through Food and Nutrition](#)

\*All kp.org information is available to view in Spanish or English depending upon user preference

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## Other Resources

[National Nutrition Month](#)

[Boosting Your Metabolism](#)

[Colorectal Cancer Basics](#)

