

ARE YOU TOO SWEET?

OFFICE CAKE CULTURE



This is the amount of sugar the average Canadian eats per year:

90 lbs!

Or 20% of our daily calorie intake!

“The College of Surgeons say the sugary confections provided by colleagues are causing obesity and tooth – decay.” (Macleans, 2017)

Workplaces have become one of the greatest contributors to our sugar intake. It can be easy to limit sugar in the home where we have control over our purchases and availability of temptations. However, the workplace can be more of a challenge leaving you subject to the office culture of sugary treats on break, cake for celebrations, or the temptation of vending machines.



Four Ways to Cut the Cake Culture

- 1 Remove unhealthy foods from the workplace.** Remove vending machines and snack carts and replace with fresh fruit delivery and healthy refrigerated snacks like wholegrain crackers and guacamole or hummus.
- 2 Reward with alternatives to sugar.** Get rid of the box of doughnuts for a job well done and think coffee cards, movie passes, restaurant voucher, even a personal note.
- 3 Allow walking breaks.** Eliminate the opportunity to socially snack. Encourage work break walks. The movement and/or fresh air can help to clear the head and promote better productivity
- 4 Employees can take the lead.** An employer may not be aware of the needs and motivations of its employees around wellness practices. Suggest ways that the workplace can be a positive influence in wellness. Volunteer to be a part of initiatives like healthy eating policies and ways to support healthy eating in the workplace.

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Support Healthy Eating in the Workplace with Sugar-Free Celebration Ideas

It's Karen's birthday, and your workplace has a new policy that is "cutting the cake" from office celebrations. Karen's special day deserves some attention, but you're not sure what to provide as a tasty alternative. Here are some ideas sure to please!

A Healthy Pancake Breakfast!



Healthy wholegrain pancakes can be inexpensive to make. Serve with healthy options like Greek yogurt and berries. Add a candle or two and you have a morning alternative to birthday cake!

A fun and creative way to treat Karen and the staff. Offer different flavours of yogurt and toppings like sliced almonds, walnuts, cut fruit, berries, granola, and top with 1 dark chocolate square.

Yogurt Sundae Bar!



Create a Signature Mocktail!



Make her feel special with a dedicated drink! A pineapple mint "mojito" anyone? She will be delighted with the unique thought put into her own signature birthday beverage!

Finding inexpensive lunch options for a staff birthday bash can be difficult. Organize a healthy potluck or have fun with appetizers. Try mini turkey meatballs, egg bites, chili, or pasta salad loaded with vegetables.

Lunchtime Appetizers!



Cheers with a Pineapple Mint Mojito



- 2 pineapple cored
- 12 mint leaves
- Juice 12 limes
- 2 quarts of Perrier or sparkling water
- ice

Combine pineapple, lime, mint and blend until smooth. Spoon 2 tbsp into a glass. Top with ice and Perrier. Garnish with lime & mint.

Sources: <https://www.macleans.ca/society/health/death-by-sugar-the-biggest-health-crisis-of-our-time/>
<https://www.theguardian.com/lifeandstyle/shortcuts/2017/jan/03/office-cake-culture-obesity-tooth-decay-crisis>
<https://www.fastcompany.com/3062642/5-ways-employers-can-help-employees-fight-the-fat-at-work>