



Fresh
to Desk

What is Fresh to Desk?

Fresh to Desk is a way to increase the availability of healthy snack options in your office. Instead of grabbing a candy bar or bag of chips, employees will have access to fresh, nutritious fruits and vegetables. Our simple framework will get you started with building a customized program that's right for your office.

Why should my workplace start Fresh to Desk?

We spend the majority of our waking hours at work – so our workplace environment and culture significantly influence our health and wellness. Healthy employees are naturally happier and more productive, which leads to better organizational performance.

Research shows a healthy diet helps prevent heart disease, stroke, diabetes and some cancers. Make healthy snack choices the easy choice in your workplace by offering healthy snacks to your employees through Fresh to Desk.

What will I need before I get started?

You'll need bowls to hold fruits and vegetables, coin collection boxes (if applicable) and promotional posters. Sanford Health Plan has customizable promotional posters available.



Steps to Start Fresh to Desk

1. Get together

Meet with management or wellness teams to discuss your plan. Address any obstacles in your workplace and how you can overcome them.

2. Consider the cost

Think about how you want to cover the cost of the program. Research the per-piece cost of the healthy snacks you plan to offer.

Payment ideas:

- Have employees pay a fee in advance to join the program
- Place a coin collection box next to the bowl to collect the per-piece cost as employees take a healthy snack
- Make the program a free employee perk, or subsidize part of the cost to keep the price down for employees

For guidance on choosing the best healthy snacks for your office, contact Lindsay Stern, a registered dietician with Sanford Health Plan, at lindsay.stern@sanfordhealth.org.

3. Choose availability

Decide how often you will make snacks available – every day, once a week or once a month. We recommend ensuring healthy snacks are available throughout the entire week. Then decide on a common area where the bowls can be located. Consider offering more than one location for convenience.

4. Assign a leader

Appoint a program coordinator or committee to be in charge of distributing the fruits and vegetables and promoting the program.

5. Set up delivery

See if your local grocery store or farmer's market can deliver the healthy snacks to your office. If delivery is not available, recruit a few employees to take turns picking up the the fruits and vegetables.

6. Spread the word

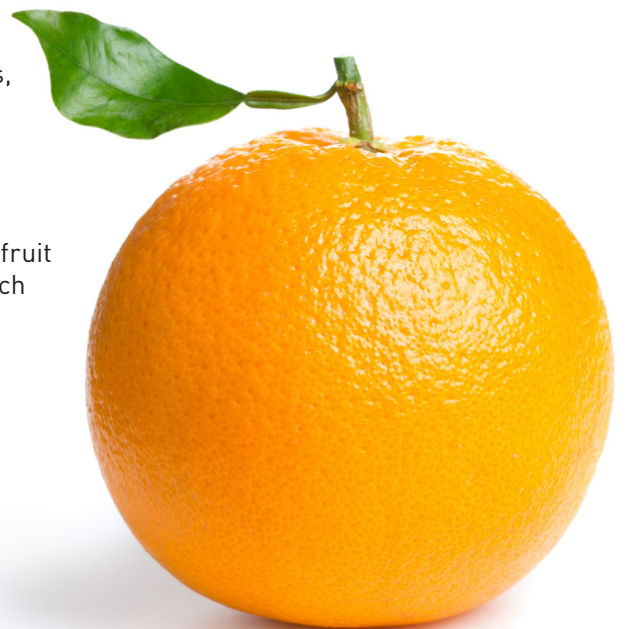
Promote Fresh to Desk through employee communications like emails, newsletters, posters and meetings. Sanford Health Plan has customizable promotional posters available.

7. Host a kickoff

Build excitement by launching the program in a fun way. Try attaching fruit or vegetable related jokes to the healthy snacks and placing one on each desk. Welcome new employees to the office with a free piece of fruit.

8. Start snacking smart

Distribute healthy snacks throughout the workplace on a regular schedule. Remind employees about the program and how they can participate.



If you have questions, or would like further guidance in launching Fresh to Desk in your workplace, **contact Lindsay Stern at lindsay.stern@sanfordhealth.org.**



Feed Your Brain



Fresh to Desk is here –
making a healthy snack choice
the easy choice.

A piece of fruit costs



Fuel Your
Workday



Fresh to Desk is here –
making a healthy snack choice
the easy choice.

A piece of fruit costs



Snack
Positive

Fresh to Desk is here –
making a healthy snack choice
the easy choice.

A package of almonds costs



Grab Good
Health



Fresh to Desk is here –
making a healthy snack choice
the easy choice.

A piece of fruit costs