



Working Towards Better Nutrition in the Workplace

The HOVER project (Healthier Options in Vending- an Employer Resource) is an exciting new area of work focusing on the issue of the availability of healthier food options in workplaces.

Workplaces are becoming increasingly recognised as a focus area for the health and wellbeing of employees. People spend a large part of their day in the workplace and so it can greatly impact on an employee's physical activity, nutrition and work life balance.

There are many factors which impact on the food that people eat at work, for example, storage, preparation and eating facilities, food outlets in the workplace, access to food outlets offsite, busy work schedules, shift times, etc. The HOVER project is focusing on vending machines as a starting point for workplace nutrition; however the broader scope for the future may well encompass canteens, catering, fundraising and other food outlets.

A significant amount of work has been done by health departments in other states to increase and promote healthier choices in all health facilities. The HOVER project is providing a platform for more essential work to be undertaken in this area.

HOVER is a research project and aims to increase the availability of healthier options in workplaces by engaging with the food industry and worksites, and by developing a range of resources for employers. The project will involve consultation with the food industry, employers and employees, the development of a system for classifying foods as healthy or less healthy, a product guide and information resources.

The HOVER project is funded by population health, DHHS, and is being managed by Eat Well Tasmania.

If you would like more information about the project, contact either the project officer or project dietitian.

Sharon Campbell – Project Officer (Eat Well Tasmania)

Ph: 6223 1266

Mobile: 0428 210 146

Email: scampbell@eatwelltas.org.au

Sharon is available Tuesday and Wednesday.

Sarah Connally – Dietitian (Community Nutrition Unit, DHHS)

Ph: 6222 7066

Email: sarah.connally@dhhs.tas.gov.au