

## Wellness Committee goals and initiatives

**Healthy eating:** Ensure that healthy foods are available to employees by increasing nutritious options and reducing unhealthy foods available in the workplace. Develop and support healthy eating opportunities that align with the City of Minneapolis Healthy Food Policy passed in 2009.

**Wellness Committee initiatives include:**

- Community Supported Agriculture (CSA) that delivers farm fresh foods straight to our employees.
- Re-Think Your Drink education about the health impacts of sugar-sweetened beverages.
- Technical assistance and resources to staff who purchase meals and food and stock vending machines on how to meet policy expectations.

**Possible wellness grant examples:**

- Small kitchen appliances (e.g., juicer, slow cooker).
- Water dispensers or pitchers.
- Creation or expansion of a garden.
- Fund or partially fund healthy snacks in vending machines.
- Build a library with healthy resources (e.g., cookbooks, magazines).

**Physical activity:** Provide opportunities for City of Minneapolis employees to be physically active during and outside of the workday.

**Wellness Committee initiatives include:**

- Physical activity opportunities (e.g., Runnin' with the Law 5K, Step to it Challenge and Ride Your Bike to Work Day).
- Subsidized Nice Ride memberships for employees.
- Subsidized a program to allow employees to purchase activity trackers.

**Possible wellness grant examples:**

- Portable exercise equipment (e.g., yoga mats, hand weights).
- Onsite exercise classes.
- Bike accessories for shared bikes.
- Financial support for races/event fees.
- Entry fees for recreation teams (e.g., department kickball team).

**Mother-friendly:** Ensure that City buildings and processes are welcoming and helpful to nursing mothers in the workplace.

**Wellness Committee initiatives include:**

- Inventory and process for accessing the current lactation spaces in City buildings.
- Technical assistance and resources to identify Women's Economic Security Act-compliant lactation spaces in additional sites as they are identified.

**Possible wellness grant examples:**

- Fund upgrades to lactation rooms (e.g., décor, hospital-grade breast pump, refrigerator).

**Stress management and work-life balance:** Provide employees with opportunities to learn techniques and strategies for managing stress in the workplace and at home.

**Wellness Committee initiatives include:**

- Mindfulness training.
- Classes on work-life balance and other topics designed to decrease stress among employees.

**Possible wellness grant examples:**

- Subscriptions to meditation smartphone apps.
- Stress management classes.