



WORKPLACE NUTRITION

A simple, sustainable and effective way to improve company performance, culture and employee health.



YOU ARE WHAT YOU EAT

Isn't just a silly saying, it is a metabolic reality

With the vast majority of adults spending half their waking hours and consuming up to two-thirds of their calories for the day in the office, effective workplace nutrition strategies are essential to every company's success.

Educating your employees and providing tools, resources and strategies to help them master eating well Monday thru Friday is an effective way improve productivity, company culture and of course, support the general health of your team inside and out of the office.

The Clean & Colorful Kitchen provides realistic solutions for balanced workplace nutrition by providing a simple and actionable Lunch & Learn session as well as ongoing breakfast and lunch delivery services for your team.

Optimal Workplace Nutrition 45-Min Lunch & Learn Session

- Review the impact of typical American diet on work performance.
- Highlight the benefits of workplace nutrition on energy, clarity and mood.
- Provide simple strategies for eating well in the office throughout the day.
- Discuss the five best foods for cognitive function and optimal work performance.
- Time to create a specific and personal Workplace Nutrition Plan.
- Present CCK as an optional company perks program for sustainable healthy breakfast and lunch solutions.

Pricing: Session fee \$100 with optional lunch catering as low as \$10 pp!

Contact: Teresa M. Howes, BS, CPT, HHP from the Clean & Colorful Kitchen to schedule your lunch & learn today!

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