



Wellness@Work Case Study
Rainbow Services – Healthy Food Environment

Instructions:

As the Healthy Community Coordinators in your community, your team has an opportunity to partner with and be 'consultants' for Rainbow Services.

1. Your team's task is to put together recommendations for Rainbow Services that increase access and availability of healthier foods and beverages at their workplace. Develop a set of recommendations that will engage and garner support from leadership and employees and help Rainbow Services move toward creating a workplace culture that promotes healthy eating.
2. Pick three people to fulfill the following roles:
 - **The recorder** captures the team's recommendations and ideas on chart paper.
 - **The reporter** will report the team's recommendations to the larger group, using the chart paper developed by the reporter.
 - **The facilitator** will keep the group on track and moving forward to develop a set of recommendations.

Prepare to report out the following:

- Describe the strategies your team proposes Rainbow Services implement to comprehensively address the food environment at their workplace. Provide enough detail so that senior leaders are engaged and can envision the changes.
- Explain what will be some of the opportunities and challenges given what you know about Rainbow Services. How does this influence your selection of strategies?
- Describe what your team envisions as the basic infrastructure of the program to begin building a culture of health. Provide enough detail based on your team's understanding of Rainbow Services that will maximize employee participation and sustain leadership's commitment to this effort.
- Describe the outcomes/benefits will be to garner both leadership and employee support.