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Good Nutrition Habits are Essential for Healthy Employees

The current fast-paced, demanding work culture leaves many professionals stressed and prone to poor lifestyle habits. It is extremely difficult to make good nutrition a priority on top of trying to balance work and personal responsibilities. Many organizations are recognizing this challenge and stepping in to assist through the promotion of wellness in the workplace.

The Specialty Gourmet (TSG) can help you encourage your employees to make healthy lifestyle choices by delivering nutritious, energizing meals to your employees' homes or to your office daily. Our Healthy Living and Zone nutrition plans have been proven to increase energy levels and mental acuity while helping people reach and maintain their ideal body weight. The majority of our clients see a drastic improvement in their overall health.

TSG also teams up with other industry health professionals to provide seminars that can include a variety of health topics including nutrition, exercise and stress management. Our lunch and learn program gives your employees the opportunity to enjoy a healthy lunch while learning about the importance of good health habits and tips on how to incorporate them into their lives.

TSG strongly believes that nutrition is the cornerstone to well being. We would be happy to come in and talk to you about your organization's interests and needs, after which we will put together a tailored proposal package which can include any or all of the following:

- Healthy Meal Delivery to employee homes or your office
- Wellness at Work – educational sessions and lunch n learns
- Nutrition information such as recipes, health tips and articles for company wellness resources (newsletters, employee website etc).
- Employee incentive programs

For further information on The Specialty Gourmet, please visit our website at www.thespecialtygourmet.com. To schedule a meeting or further discuss TSG, please call Deanna Embury or Katie Rodgers at 604-685-7054 or 877.770.3663.