

MAKING HEALTHY FOOD CHOICES AT WORK

This guide to making healthy choices at work provides information directly sourced from Canada's Food Guide available online at: Canada.ca/foodguide



Healthy eating is fundamental to good health and is a key element in healthy human development, from the prenatal and early childhood years to later life stages. Healthy eating is equally important in reducing the risk of many chronic diseases*.

The following is a list of food retailers that provide healthy menu options for a hot or cold meal at Southcore Financial Centre. Visit these food vendors at the /SFC Eatery and The York Lounge located on the second floor. Dine-in restaurants are also available on the ground floor of PwC Tower and Bremner Tower.

Buster's Sea Cove	Seafood inspired menu featuring salads, soups and grilled fish options.	/SFC Eatery
Freshii	Offering fresh salad bowls, smoothies, tacos, burritos and healthy snack options.	/SFC Eatery
iQ Food Co.	iQ Food Co. offers options like smoothies, salad bowls with oven roasted chicken, lentils and fresh greens.	Ground Floor – PwC Tower
Olly Fresco's	Sit down eatery and caterer offering a hot and cold breakfast buffet, salad bar, hot lunch stations and a Mediterranean grill station.	Second Floor – PwC Tower
Starbucks	Coffee shop offering eggs, cooked vegetables, fresh fruits, whole grains and vegetarian options.	/SFC Eatery
Sushi Shop	Japanese inspired menu featuring fresh vegetables, poke bowls, fish and vegetarian options.	/SFC Eatery
Taverna Mercatto	Classic Italian restaurant featuring fresh salads, cooked vegetables, whole grain and gluten-free options. Also offers healthy ready made meal prep kits for tenants and customers to prepare at home.	Ground Floor – Bremner Tower
Thai Express	Thai inspired menu offering cooked vegetables, salads and soups with vegetarian and vegan options.	/SFC Eatery
Tim Hortons	Coffee shop offering eggs, whole grains and smoothies.	Second Floor – Bremner Tower
z-teca	Mexican inspired menu featuring fresh salads, whole grains, grilled meats and vegetarian options.	/SFC Eatery

* Source: Health Canada - 2021

MAKING HEALTHY FOOD CHOICES AT WORK



You make many choices about what you eat and drink every day at work. Most people will eat a meal and have multiple snacks and drinks throughout their workday. This gives you many chances to make healthy food choices. Making healthy choices can be difficult since many foods and drinks are sold or available in the workplace. These options can influence your eating habits in both positive and negative ways.

You can use these ideas to make healthy choices while at work:

PLAN AHEAD

Include your meals and snacks for work in your meal plan. Knowing what you're going to eat at work and preparing some of the items in advance is helpful. It can save you time and keep you organized, even on busy days.

KEEP HEALTHY ITEMS AVAILABLE

The foods you have available are the foods you are most likely to eat. Even if you plan ahead, you may forget to pack something to eat or not pack enough some days. Keep a small amount of healthy foods available at work such as (see side list of suggested items).

It can also be helpful not to keep [highly processed foods](#) or sugary drinks at work.

GET CREATIVE

You may not have a fridge or space to prepare a meal at work, which can limit your meal options. Bring a small cooler bag or ice pack with you instead to keep fresh foods cold.

THINK ABOUT YOUR DRINK

Having a specialty coffee or tea to start your shift or during your break can be a nice treat. However, many specialty drinks contain high amounts of sodium, sugars or saturated fat. Instead of these drinks, try:

CHOOSE HEALTHIER MENU OPTIONS

If you eat at your work cafeteria, remember to follow the healthy eating recommendation to help you [make a healthy choice when eating out](#). Many people think of eating out as a treat. However, if you do it often enough it's important to think about how it fits into your [eating pattern](#).

TAKE TIME TO EAT

If possible, eat your meal away from your desk or place of work. This can help ensure you take the time to eat and are able to focus on your meal. Ask a co-worker to join you and eat together to make it more enjoyable.

BE MINDFUL OF YOUR SCHEDULE

Shift work often means you work at different hours of the day or overnight. This can impact your eating and sleeping patterns, especially if your shift schedule changes from week to week. As a result, you may find it difficult to make healthy food choices. Think about your work schedule and plan when you can have regular meals and snacks throughout the day.

HELPFUL TO HAVE AVAILABLE:

- ✓ rolled oats
- ✓ canned soup
- ✓ whole grain crackers
- ✓ canned fish (tuna/salmon)
- ✓ nut butters (peanut /almond)
- ✓ fruit with a long shelf life (apple)
- ✓ nuts and seeds, such as almonds and cashews
- ✓ a cloth napkin
- ✓ reusable cutlery
- ✓ a small container of reusable dishes

HEALTHY DRINK OPTIONS:

- ✓ water flavoured with fruit or fresh herbs
- ✓ plain coffee w/sprinkle cinnamon
- ✓ unsweetened teas (hot or iced)

HOW TO CHOOSE HEALTHIER MENU OPTIONS



TRY THESE IDEAS TO ENJOY DELICIOUS MEALS AND SNACKS WHILE KEEPING HEALTHY EATING IN MIND. NO MATTER WHAT KIND OF RESTAURANT YOU CHOOSE, SOME CHOICES ARE HEALTHIER THAN OTHERS.

- 1 Find out how items are prepared and if the nutrition information is available. You can often find this information:
 - by asking
 - directly on the menu
 - on posters or pamphlets
 - online on the restaurant's website
- 2 Choose foods cooked in healthier ways such as:
 - baked
 - grilled
 - broiled
 - poached
- 3 Ask for sauce and dressing "on the side" so you can control the amount. The sauces and dressings served are often highly processed. Only use a small amount.
- 4 Enjoy a colourful meal. Try:
 - squash dishes
 - a variety of colourful vegetables on rice
 - salads with dark leafy greens like spinach
- 5 Choose whole grain options such as:
 - rice
 - pasta
 - bread
- 6 Limit cakes, cookies and rich desserts. If you do eat them, get a smaller size or share with someone.
- 7 Drink smart. Choose **water** instead of sugary drinks and alcoholic drinks. Order the small or regular sized coffee, cappuccino or iced latte. Ask for your drink to be made with lower fat white milk or unsweetened fortified soy beverage instead of higher fat options. Skip the whipped cream topping.
- 8 Try these swaps to make your choices healthier:
 - Order tomato sauces instead of alfredo or cheese sauces.
 - Choose stir-fry vegetables with garlic instead of stir-fry vegetables in oyster sauce.
 - Choose dark mixed green salads with vegetables/fruits instead of salads like: taco, pasta, potato, Caesar
- 9 Order the small or regular sized coffee, cappuccino or iced latte. Ask for your drink to be made with lower fat white milk or unsweetened fortified soy beverage instead of higher fat options. Skip the whipped cream topping.

QUESTIONS & SUGGESTIONS

We would love to hear from you! Please contact us with your suggestions for ways we can help our tenants and visitors make healthy food and beverage choices, including catering and food retail choices at Southcore Financial Centre.

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