



# Wisconsin Wellness Program Favorites

**Worksite Name:** Black River Falls School District

**Contact Person**

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**How would you categorize your company?**

Education

**How many employees are in your company?**

50 – 300

**How would you classify the initiative?**

Behavioral Program, campaign or intervention (i.e. 10,000 step program, or exercise classes)

**What's the primary focus area for your initiative?**

Nutrition

**Wellness Program Favorite Overview:**

**Name of the initiative:** What are you really eating?

**Purpose:** Instruction on reading labels and realizing portion sizes

**Brief Description (1000 character maximum):** This program was one of nine educational sessions presented to the grant program participants from this employer. For this session we had a certified, registered dietitian give instruction on how to read and understand the nutrition label on the foods you buy. Also information on portion sizes was shared with props, handouts etc... being used to better illustrate this information.

**Evaluation:**

**Why was this initiative successful?**

The average person is unaware of the information on the nutrition label of the foods they're buying. Pointing out to them the importance of comparing labels can have a tremendous impact on improving the nutritional value of what they eat.

**What did employees like/not like about this initiative or receive from this initiative?**

The information and examples of portion sizes was very beneficial to many. Please see attached evaluation summary for comments and scores. Also attached are a challenge and assignment for the participants to complete to give them additional education on the topic as well as inspiration to begin making healthy changes to their lifestyle. Everyone turning in the challenge and/or assignment was entered in the drawing for a prize at that time and also recorded for the final competition of perfect attendance and most challenges/assignments completed for a grand prize.

**What would you do differently if you were going to implement this again or what words of advice would you have for another worksite looking to implement this initiative?**

Some suggestions from the participants were to make it a power point presentation and to pass around the bowls/plates to have it be more "hands-on". Also using specific food examples for comparing fat and calorie content of similar items but different brands would be good .

**Attachments? Please check here if you have attachments that further describe your initiative and that you are willing to share with others.**

Yes