



# Wisconsin Wellness Program Favorites

**Worksite Name:** Gundersen Lutheran Medical Center

**Contact Person**

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**How would you categorize your company?**

Healthcare

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

> 300

**How would you classify the initiative?**

Environmental change (i.e. healthy vending options)

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

Nutrition

**Wellness Program Favorite Overview:**

**Name of the initiative:** No time to cook dinner

**Purpose:** provide easy access to take and make meals

**Brief Description (1000 character maximum):** Most people are trying to eat healthier and prepare healthier meals for their families. But too often, our busy employees report that they don't have time to cook. In collaboration with a local take-and-bake business and 500 Club member, Simply Entrées, we provide prepared, "homemade" meals for employees. On those busy days when there is no time to cook, employees can pick up a prepared, ready-to-cook 500 Club-approved entrée right from the work site.

**Evaluation:**

**Why was this initiative successful?**

start date: 6/16/08, no feedback yet

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

**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? na**

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

No