Healthy snack club

How to take this break
Plan an afternoon snack break to re-energize and connect with co-workers. Resist the urge to munch on sweet or salty snacks by getting your co-workers to share the duty of providing healthy snacks each week. Create a signup sheet so that participants can share any allergies or sensitivities with the overall group. Then you can put together a weekly schedule.

Why this counts - Energizing
Healthy snacking can help you to focus and concentrate better at work, and boost your energy and mood.

Go to Workplace Strategies for Mental Health for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

Ideas for this activity were contributed by
Katie Cino, Health Promoter, Niagara Public Health.

Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.