

September 21-25, 2015:

PUT FRUIT TO WORK!

Dear Employer,

SEPTEMBER is *National Fruits & Veggies—
More Matters Month*

>> To celebrate, the *new Tompkins County Worksite Wellness Coalition* is asking local employers to *Put Fruit to Work*, as a way to energize their workforce and promote better health.



WHAT: *Put Fruit to Work* is a one-week campaign to promote fruit as a fresher, healthy snack choice at work.

WHEN: September 21-25, 2015, throughout Tompkins County.

WHO: Invite all of your employees to choose fruit as a satisfying snack that works any time, on any job.

HOW: Try one of these ideas to help employees *Put Fruit to Work*:



- Send an all-employee email or hang a poster that encourages employees to switch their snack to fruit this week, instead of their regular snacks. *See our website for samples.*
- Help employees organize a fruit salad “pot luck.” Participants prepare their favorite fruit for an *all-in* fruit salad to be shared during lunch or afternoon break one day during Put Fruit to Work week.
- Provide employees with a selection of complimentary fruit to enjoy during their regular morning or afternoon break one day during Put Fruit to Work week. *See our website for resources.*

—— Visit our website at www.TompkinsCountyNY.gov/worksite ——

RSVP: Send the enclosed Reply Card, or visit our website to tell us:

- Yes! I’d like to join the movement to Put Fruit to Work
- Contact me with more info about Put Fruit to Work week in Tompkins County
- Put me on the Worksite Wellness Coalition email list!

(Over for more info about the Worksite Wellness Coalition ...)

The Tompkins County Worksite Wellness Coalition

In early 2015, representatives from local employers with active or budding worksite wellness programs met to form the **Tompkins County Worksite Wellness Coalition**.

The Coalition's mission is, "To act as a resource for Tompkins County employers regarding the art and science of health promotion and wellness." It promotes wellness programs and healthy living as an added value that improves workplace culture.

The value of a workplace culture that supports healthy lifestyles is widely recognized, and worksite wellness programs can promote such a culture. However, finding the time and resources to coordinate a wellness program can be daunting, especially for sites with fewer than 50 employees.

The Coalition gives worksite wellness advocates and coordinators a place to share the ideas, resources, and best practices necessary to build and sustain programs that engage employees. For employers who are unfamiliar with worksite wellness, the Coalition will be a resource for start-up programs.

The Tompkins County Worksite Wellness Coalition meets four to six times a year, with a mixture of presentations and networking opportunities. The Coalition is staffed by the Health Promotion Program at the Tompkins County Health Department and the Human Services Coalition of Tompkins County.

For more information about the Coalition or to be notified about its open meetings, please call Ted at (607) 274-6712, or visit www.tompkinscountyny.gov/worksite.

Founding members of the TC Worksite Wellness Coalition

- BorgWarner Ithaca LLC
- Cayuga Center for Healthy Living, Cayuga Medical Center
- CFCU Community Credit Union
- City of Ithaca
- Cornell University
- Hospicare & Palliative Care Services
- Human Services Coalition of Tompkins County
- Ithaca City School District
- Ithaca College
- Tompkins County Health Department
- Tompkins County Municipal Health Insurance Consortium
- Town of Dryden
- Town of Ithaca



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