



Healthy Choice Case Study Rotorua Lakes Council

ROTORUA LAKES COUNCIL

Rotorua Lakes Council employs 560 staff over 13 worksites. The type of work is varied and is reflected in the wide variety of work spaces. Rotorua Lakes Council commenced their WorkWell journey in late 2010. As one of the largest employers in the district they are committed to optimising the wellbeing of their team. Rotorua Lakes Council WorkWell Leader, Adrienne Thomas talks of joining WorkWell because “WorkWell provided a logical framework to follow and allowed them to brand all their previous ad hoc wellbeing initiatives under one umbrella.”

Motivations to improve access to healthy food

Information from the WorkWell staff survey informed the decision to focus on healthy eating as 69% of staff were not meeting the recommended 5+ a day of fruit and vegetables. The survey also identified 73% of staff stated they would like to eat more healthily. The food environments varied between worksites and it was agreed improvements were needed.

Process for creating healthy food choices at Rotorua Lakes Council

Develop a purpose. Rotorua Lakes Council’s objective was to “increase the knowledge of and access to healthy food choices for staff”.

Create a healthy eating subcommittee. This included WorkWell working group members plus interested staff.

Identify need. The Civic Centre cafeteria was identified as a key area to concentrate on and improve.

Management commitment. Management approved expenditure for the redesign of the cafeteria which would focus on healthy food.

Maintain partnerships. Rotorua Lakes Council already had a relationship with catering provider Eurest. The relationship continued and Eurest supported the increased focus on healthy eating.

Staff engagement. Staff from the entire workplace were involved and invited to enter a competition to name the cafeteria. The winning name for the café was “*Committee Room 3*”.

Informing staff to make the healthy choice. The catering company Eurest already offered a programme ‘Nutritious Life’ which included certain food being labelled with a “Health Choice” logo, this helped staff to identify the healthy food choices.



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Vegetable Garden

The development of a large vegetable garden at the RLC Castlecorp worksite was very successful with vegetable produce going to staff and surplus donated to the local foodbank. This site is no longer in use, but RLC plan to re-establish the vegetable garden when another viable location is found.



Challenges

The main challenges were time and resources. Management were fully committed to WorkWell, however it took a while to secure a time slot to present a business case to management to obtain the financial commitment for the Civic Centre upgrade.

The challenge remains to now enable off site staff to access the healthy food – courier options are being explored where staff can phone their order through to the Civic Centre and deliveries will be made to various other sites.

More Information:

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