

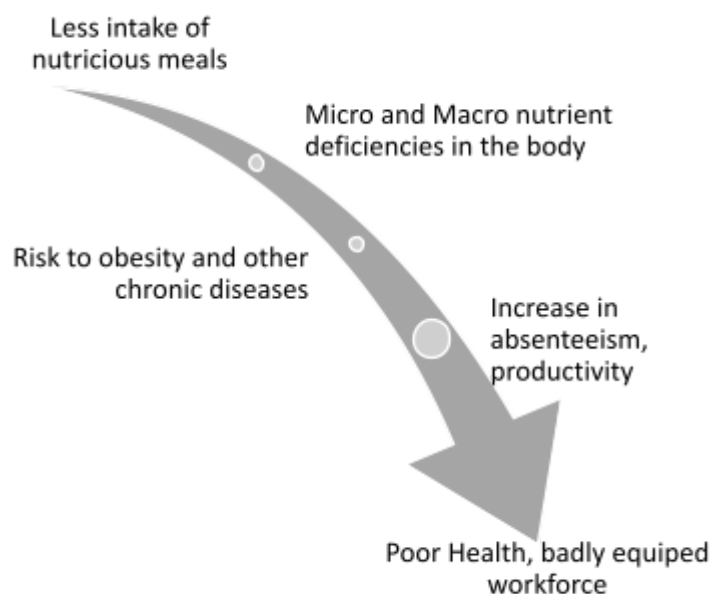
Workplace Nutri Canteens for Factory workers

Context

Employers must play an important role in providing proper nourishment during the COVID-19 crisis, especially for the most disadvantaged members of society. Workplaces must encourage appropriate diet in order to promote their employees' physical and mental wellbeing. Investing in workplace nutrition provides a high return on investment for employers, since it can improve workers' health, attendance, morale, efficiency, and productivity. According to a new GAIN-SUN-Eat Well analysis, "workforce nutrition" is a win-win situation for organisations aiming to boost both staff health and business performance. Furthermore, it can help to meet the nutrition targets of the UN Sustainable Development Goals (SDGs), notably SDG 2 (zero hunger), SDG 3 (excellent health and wellbeing), and SDG 8. (decent work and economic growth). Iron deficiency affects up to half of the world's population, primarily in developing countries. Low iron levels are linked to fatigue, sluggishness, and a lack of coordination. According to the World Health Organization (WHO), iron-deficient men and women have up to a 30% reduction in physical work capacity and performance. Iron deficiency alone leads for a \$5 billion productivity loss in South Asia.¹

Problem Statement

The need for better diet among industrial employees has become more apparent in our country, particularly during these times of stress and strain when a large amount of our labour force is involved in what are described as "vital services." Never before, perhaps, has the importance of industrial nutrition piqued the interest of informed intelligence and government officials as much as it does today. The increased recognition of what some nutritionists refer to as "the sub-nutritive state" or "hidden-hunger" among modern industrial workers has contributed to the growing importance of industrial nutrition. It just denotes a mild nutritional shortage of some kind.² Good nutrition improves occupational safety and health, as well as workplace productivity. Obesity and chronic diseases can be caused by eating bad meals, while macro- and micronutrient deficiencies can cause malnutrition. In both cases, the consequences are negative to a robust, well-equipped workforce. Because what people eat affects their health and productivity, it is in everyone's best interest for all social partners, unions, workers, employers, and governments



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<https://sightandlife.org/blog/workplace-nutrition/#:~:text=It%20is%20important%20that%20work,morale%2C%20efficiency%2C%20and%20productivity.>

² <https://ijsw.tiss.edu/greenstone/collect/ijsw/index/assoc/HASH0127.dir/doc.pdf>

throughout the world to contribute in their own unique ways to proper nutrition and a healthy diet at work.

Solution

In order to make sure the factory workers are in their pink of health; we propose a Nutri Canteen for the workers. This Canteen will be free of cost for the factory workers who will be given free lunch on their working days. This canteen will focus on preparing only nutritious meals as instructed by the Nutri Chef who will design and implement new sets of recipes every month.

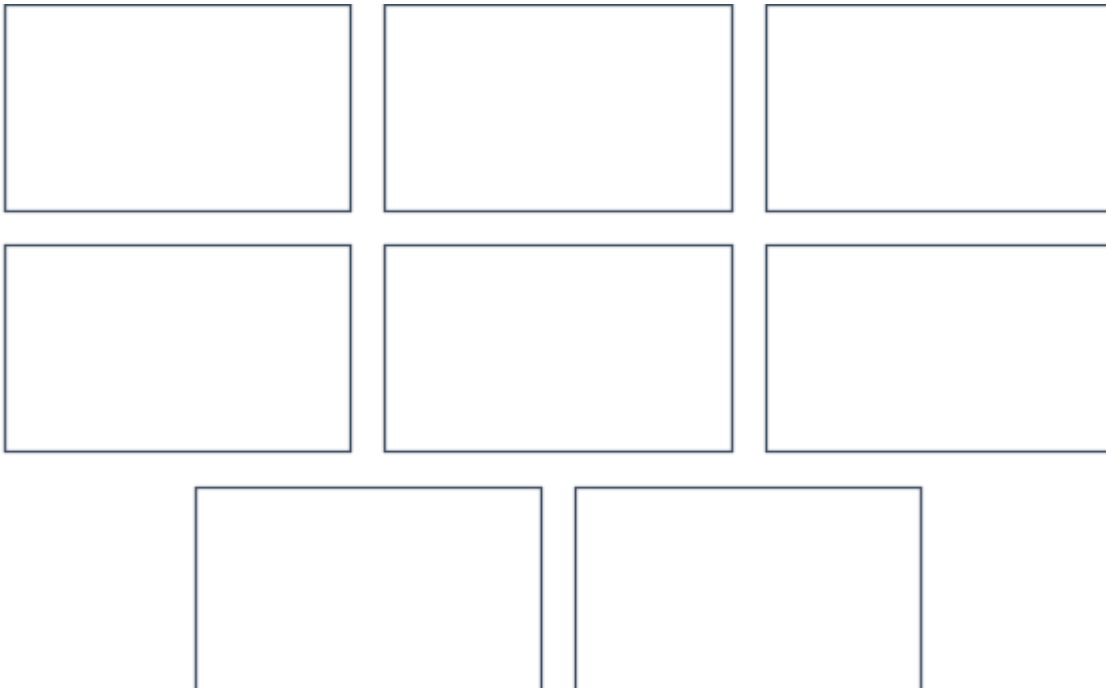
Operational Plan

Kitchen's Infrastructural amenities

- A good cooking space with good water supply
- The Kitchen will also have solar panels for electricity supply
- Washing utensils space and drying racks/Trolleys
- Water tank with timely maintenance

Staff –

- The cooks will be trained by a Nutri expert on what foods should be given for children with live demos on recipes (Both vegetarian and non vegetarian)
- The cooks/head cook will also have a quarterly refresher training and upgrade their capacities
- Security to secure the premises
- Cleaners for dishwashing and kitchen cleaning
- An operation manager



Add ons

- ✓ Banners/IEC Material to be exhibited in the kitchen

- ✓ Half yearly nutri health checkups
- ✓ Quarterly Events such as recipe exchange competitions where winners can be judged on the most nutri rich recipe and get awarded with goodies such as Nuti hamper kit with vegetables/fruits/Vitamin supplements/dry fruits etc

Theory of Change

Activity	Outcome	Impact
Provision of free nutri meals in the canteen	Nutrient healthy workers in the plant	Workers are more productive and more satisfied, morale is higher, absenteeism and the need for rotation due to illness have fallen and medical costs are down Contribution to SDG 2, 3 and 8 Zero Hunger and good health and wellbeing, Decent work and economic growth

Key Objectives

- ✓ To create a healthy diet intake environment in the workplace
- ✓ To encourage to follow the diet practices outside of work, at home as well
- ✓ To create a healthy workforce and boost productivity and morale of the workers

Key Deliverables

1. Progress reports on total outreach and next month's targets

Timeline/Duration

The project is tentatively planned for a period of 2 years with the following timeframe

Phases	Task/Activity	Timeframe
1st Phase	Kitchen building and infrastructural set up	4 months
2 nd Phase	Kitchen operating team (Cook, operations manager recruitment from the community itself), advocacy of the project	1 – 2 months
3 rd Phase	Post mobilisation, Kitchen's operations will begin	Post 6 th month

Monitoring

- ✓ Daily reporting of the operations manager on how many meals and workers used the kitchen everyday

✓ CCTV cameras installation in the premises