# A TASTE OF WELLNESS:
## CULTIVATING HEALTHIER WORKPLACES IN CHINA

**UNILEVER'S HEALTHIER CANTEEN INITIATIVE**

The Healthier Canteen Initiative led by **Unilever Food Solution** (UFS), in collaboration with **Sodexo**, supported by **Shanghai JS Life Sciences Institute** (SJLSI) and **CHL**, launched its first pilot at its Unilever Shanghai Ltd. canteen in 2023.

## Workforce Nutrition Pilots in China

In China, CGF member companies are giving importance to employee health and wellbeing. The Healthy China 2030 Plan clearly puts in focus the health development priorities of popularising a healthier lifestyle, improving health protection, and building an all-round healthier environment.

### About the CGF's Work on Employee Health & Wellbeing

In 2023, CGF launched the Year of Employee Wellbeing campaign in which member and partner company leaders raised awareness around the importance of employee health & wellbeing (both mental and physical) by answering a call to action to create workplace cultures that actively promote and support wellbeing. Over 30 assets were shared in the form of CEO videos, wellbeing masterclass sessions and case studies.

In 2024, employee wellbeing is part of the Acceleration Areas and new ambition of CGF Co-chairs Frans Muller, President and CEO of Ahold Delhaize, and Dirk Van de Put, Chairman and CEO of Mondelēz International, to boost the health and wellbeing of employees across all of the CGF's 400+ members.

### Empowering employees to choose healthier options by:

**PROVIDING HEALTHIER DISHES**

**PROVIDING COOKING CLASSES FOR CHEFS**

**TRACKING AND SHARING THE CONDIMENT CONSUMPTION**

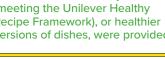**OFFERING MORE MIXED GRAIN RICE**

**LABELLING THE LEVEL OF SUGAR**

**INSTALLING A WATER DISPENSER**

## Results

**100**
**HEALTHY DISHES**

In total, over 100 healthy dishes (meeting the Unilever Healthy Recipe Framework), or healthier versions of dishes, were provided.

**10%**
**INCREASE IN SATISFACTION**

Employees' reported a 10% increase in satisfaction with the taste of dishes.

**20%**
**REDUCTION OF CONSUMED CONDIMENTS**

A reduction of over 20% in condiment consumption (salt, fat, and sugar) was achieved and maintained compared to the baseline.

In collaboration with:

联合利华饮食策划

sodexo
始于每一个日常

SJLSI
上海JS生命科学研究院