



WORKFORCE NUTRITION

Updates and Insights

Newsletter No 28 / September 3, 2024

Greetings!

Welcome to the latest issue of the "Workforce Nutrition - Updates and Insights" newsletter.

If you have any questions, or suggestions of topics you'd like to see in the next newsletter, please let us know at info@workforcenutrition.org.

Roadmap to N4G 2025: WNA Lighthouse Webinar Series

The business benefits of investing in family-first programmes at work
4 September 2024, 14:00 - 15:00h CEST

Don't miss tomorrow's webinar, "*Nurturing Success from Day One: The Business Benefits of Investing in Family-First Programmes at Work*". The Workforce Nutrition Alliance (The Consumer Goods Forum and the Global Alliance for Improved Nutrition) in partnership with **ofi** and the World Benchmarking Alliance, will explore how family-first programmes benefit companies and contribute to their sustainability reporting. **ofi** will share a compelling business case with impactful results. Speakers include:

- Christina Nyhus Dhillon, Knowledge Leadership Senior Manager, GAIN
- Mélissa Mwamba, Communication Officer, **ofi**
- Mirjam Kneepkens, Nutrition & Health Manager, **ofi**
- Samita Thapa, Research Lead – Gender Benchmark, WBA
- Sofía del Valle Trivelli, Social Engagement Lead, WBA.

Workforce Nutrition Alliance Lighthouse Webinar Series

Nurturing success from day one:
The business benefits of investing in
family-first programmes at work

WEBINAR

Wednesday, 4 September 2024
14:00 - 15:00h CEST



BÄRBEL WEILIGMANN
Global Lead Workforce Nutrition,
GAIN



CHRISTINA NYHUS DHILLON
Senior Manager, Knowledge Leadership
GAIN



MÉLISSA MWAMBA
Communication Officer
ofi



MIRJAM KNEEPKENS
Nutrition & Health Manager
ofi



SAMITA THAPA
Research Lead, Gender Benchmark
WBA



SOFIA DEL VALLE
Social Engagement Lead
WBA

Register

Food for thought and a better mind

BBC video with scientific evidence

Dietary choices can significantly enhance brain function. In a recent BBC video science journalist Melissa Hogenboom explains how important nutritious food is. From walnuts to green tea and fatty fish, these nutrient-rich foods are proven to boost memory, attention and overall brain health. Conversely, the dangers of processed foods on cognitive decline are equally alarming, with studies showing that even a week of poor eating can impair learning and memory.

As Bärbel Weiligmann, GAIN's Workforce Nutrition Programme Lead, puts it: *"These insights remind us that what we eat profoundly influences how we think and perform. At the Workforce Nutrition Alliance, we are committed to empowering employers to make nutrition a priority, ensuring that every employee has the opportunity to unlock their full cognitive potential through healthier food choices."*

Recognizing the vital role of workforce nutrition, organisations are increasingly prioritizing their responsibility to care for employees. Beyond the moral imperative, investing in employee nutrition yields strategic business advantages. A healthier workforce translates to heightened productivity, reduced absenteeism, and enhanced employee retention and loyalty. This both curtails expenses and improves revenue, positively impacting the bottom line and making the implementation of a workforce nutrition programme a wise business decision.



Photo credits: David Exodus / GAIN Nigeria 2023

[Watch the video](#)

Billions worldwide suffer from health-critical micronutrient deficiencies

GAIN's findings revealed by a new study published in The Lancet

A recent study confirmed the accuracy of Melissa Hogenboom's BBC report and revealed additional interesting data. Over half the global population consumes inadequate levels of essential micronutrients, which is a critical public health issue that directly impacts the global workforce. The findings, from Harvard's [T.H. Chan School of Public Health](#), [UC Santa Barbara](#) and [GAIN](#) were published in The Lancet and highlight the urgent need for targeted nutritional interventions, especially for vulnerable groups like women and young adults.

As Ty Beal, GAIN's senior technical specialist, notes, "*These gaps compromise health outcomes and limit human potential on a global scale.*" This is especially alarming for workers who rely on adequate nutrition to maintain their health and productivity.

**More than half the
global population
consumes inadequate
levels of several
micronutrients
essential to health,
including iron,
folate, calcium and
vitamins C and E.**

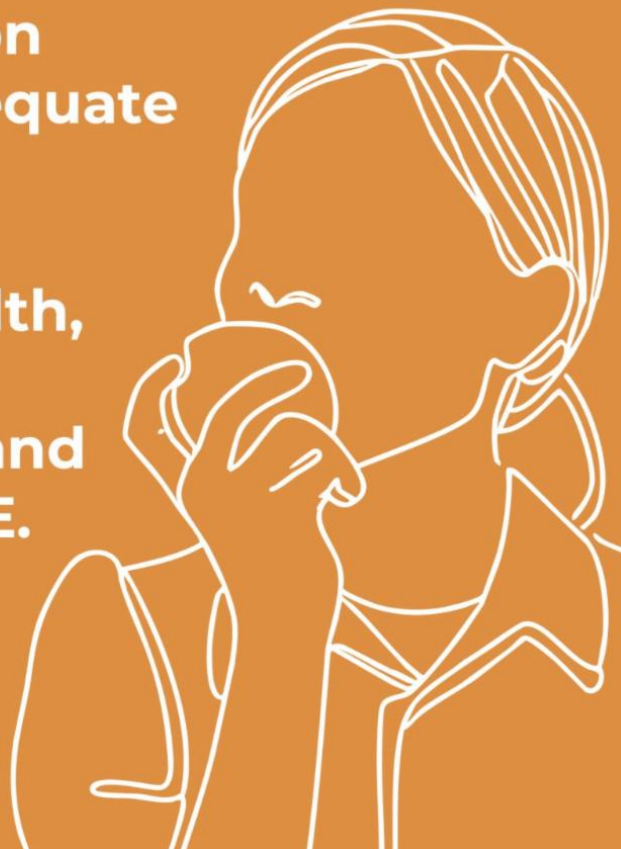


Photo credits: GAIN

The Workforce Nutrition Alliance provides a range of support services to executives tasked with developing or implementing workplace nutrition programmes that target these critical deficiencies, ultimately improving the well-being and productivity of millions of workers worldwide. These include [scorecards](#), [guidebooks](#) and [webinars](#), as well as a three-month online [Masterclass](#).

[Click here to learn more](#)

Tackling climate shocks and gender inequality by strengthened food systems:

Key insights from the Farm Journal Foundation report

A new report by the [Farm Journal Foundation](#) underscores the vulnerability of low and middle-income countries (LMICs) to climate shocks, which severely impact global food security and nutrition. 1.23 billion people are employed in the food system, mostly in production agriculture, supporting 3.83 billion family members. In Africa and Asia, for example, 62.1% and 40.2% of employment respectively is within the food system. The stakes are high.

The report also highlights the gendered nature of food systems. Women, who make up 66% of the food system workforce in Sub-Saharan Africa and 71% in Southeast Asia, face significant disadvantages, including reduced access to land, capital and resources. This inequality extends even to the US, where women-run farms earn only \$1 for every \$2.50 earned by male-run farms.

As Royce Wiryohandjojo, GAIN's Workforce Nutrition Global Project Manager, said, *"Strengthening food systems through targeted nutrition programmes, particularly those that empower women, is essential for immediate health outcomes and for building long-term resilience against climate shocks. Our focus at the Workforce Nutrition Alliance is on empowering employers to support their workforce with the nutrition they need, which in turn helps to stabilize communities and improve overall productivity."*



Photo credits: GAIN

[Click here to read more](#)

Fifth edition of the Workforce Nutrition Masterclass kicks off on 18th September

Read about Masterclass 2023 Alumni's take-aways

The fifth edition of the Workforce Nutrition Masterclass will begin on 18 September 2024. This in-depth, three-month programme is designed for HR and Sustainability professionals seeking to enhance their organization's workforce nutrition initiatives across one or more of our key themes: Healthy Food at Work, Nutrition Education, Breastfeeding Support and Nutrition Health Checks.

Participants will engage in interactive online classes, benefit from coaching sessions and access practical tools to implement within their organizations. By the end of the Masterclass, attendees will have developed a robust foundation for a workforce nutrition programme that both strengthens their organization and enhances employee well-being.

Still considering whether to join? Discover how past participants have successfully integrated workforce nutrition into their business models by exploring the *"Humans Behind*

Workforce Nutrition: A Case Study Booklet. This compilation of inspiring stories from seven companies who took part in the 2023 Masterclass offers valuable insights and best practices to guide your organization in prioritizing employee health.



The Humans Behind Workforce Nutrition: A Case Study Booklet

We are proud our nutrition programmes have reached 6 million workers through our advocacy and technical support, and we are working towards 10 million by 2030.

June 2024



Masterclass Case Study Booklet

An organisation's ability to support employee health and wellbeing will impact its ability to attract investment, and potentially its long-term financial performance.

Report: Prioritise People: Unlock the Value of A Thriving Workforce
The Prince's Responsible Business Network
April 2023



About us

The Workforce Nutrition Alliance was launched by The Consumer Goods Forum (CGF) and the Global Alliance for Improved Nutrition (GAIN) in October 2019. The Workforce Nutrition Alliance's aim is to support employers to adopt and expand healthier workforce nutrition programmes to reach three million employees in organisations and supply chains by 2025 and over ten million by 2030.

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