



WORKFORCE NUTRITION

Updates & Insights

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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.

World Day for Safety and Health at Work: Nutrition at the Core

Recognising how Reliance Industries Limited integrates nutrition into workplace health and safety

On World Day for Safety and Health at Work, Reliance Industries Limited (RIL) is recognised for showing how nutrition can strengthen workplace health programs. Through its R-Swasthya Framework, RIL has introduced initiatives like the Diabetes Control Mission and the Healthy Thali program, which provide balanced, affordable meals to employees.

These efforts have led to real health benefits: every employee has been screened for diabetes, annual sugar intake has dropped by more than half, and key health markers like blood sugar levels have improved. RIL's experience shows that good nutrition can be a practical and effective part of workplace safety and health strategies.



Source: GAIN

[Read the full case study](#)

Huge potential for Change: Uganda's Office of the Prime Minister embarked on a collaboration for Workforce Nutrition

Unlocking the potential of workforce nutrition to transform public health and boost productivity across Uganda

A new collaboration between the Global Alliance for Improved Nutrition (GAIN) and the Office of the Prime Minister (OPM) of Uganda has been formalized through a Memorandum of Understanding (MoU), marking a shared commitment to scale up workforce nutrition across the public sector. This milestone builds on an inspiring first presentation that ignited strong interest from government officials, leading to strategic alignment and joint action.

The partnership focuses on developing national workforce nutrition guidelines, mobilizing resources for impactful interventions, and strengthening the capacity of Ministries, Departments, and Agencies (MDAs). Early progress includes a menu assessment of the OPM canteen and hands-on training sessions that have already improved meal quality. With clear roles defined in the MoU, this collaboration is poised to reach at least 40% of government workers advancing healthier diets and a stronger, more resilient workforce.

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Addressing Diabetes Through Workforce Nutrition: A Strategic Priority for Employers

Nutrition is key to addressing diabetes

With diabetes on the rise, particularly in low- and middle-income countries, the workplace presents a key opportunity for prevention. Inadequate diets and limited access to health support services negatively impact employee health and contribute to increased costs through absenteeism, reduced productivity, and healthcare expenditures. Employers can respond by introducing tailored nutrition initiatives, including personalised meal plans, healthier food environments, behaviour change support, and targeted education. These efforts not only support employee well-being but also deliver measurable business benefits. The Workforce Nutrition Alliance equips employers with [practical tools](#) and [guidance](#) to implement high-impact workplace nutrition programmes.



For further insights, access the full blog below:

[View Blog](#)

Olam Agri's Nutrition Commitment in Action!

Olam Agri's commitment to workforce nutrition
is boosting employee health and business performance

Olam Agri has set a bold target: to ensure 100% of its workforce has access to nutrition programmes by 2030. This commitment to employee well-being and sustainable business is already delivering strong results. One standout example is their worksite in Cameroon, which advanced from Beginner to Gold on the [Workforce Nutrition Alliance Scorecard](#) in just two years.

This success was driven by providing nutrition education through quizzes, webinars, and group sports sessions, offering nutrition-focused health checks, distributing breastfeeding support kits, and giving out free fruit every Wednesday. As a result, Olam Agri has seen fewer sick days, reduced healthcare costs, and a boost in overall productivity. It's a clear example of how workforce nutrition pays off for people and business. Healthy teams build stronger companies.



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A large proportion of our workforce is located in emerging economies where access to basic necessities, including nutritious food, can be a challenge.

For us, providing access to healthy & nutritious food isn't the ultimate goal; it's a fundamental step in fostering a workplace where employees feel valued and supported."



Sriram Subramanian
Chief Human Resources Officer
Olam Agri

Interested in the full story? Click below to explore the case:

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Type 5 Diabetes: A New Form of Diabetes Linked to Early-Life Malnutrition

This newly recognised condition underscores the importance of good nutrition throughout life and the role of Workforce Nutrition in prevention and care

Malnutrition doesn't just impact growth, it can lead to serious, lasting health issues, including a unique form of diabetes now officially recognized as type 5 diabetes. This announcement was made on April 8 at the International Diabetes Federation (IDF) World Congress in Bangkok. Type 5 diabetes primarily affects underweight adolescents and young adults in low- and middle-income countries. It happens when the body has a serious problem making insulin, but unlike type 1 diabetes, it doesn't usually cause the buildup of ketones (a sign of fat breakdown). While the IDF is still developing treatment guidelines, this recognition reinforces a vital message: ensuring adequate nutrition throughout the life course is essential—not only to prevent disease, but also to support accurate diagnosis and effective care.



Source: [International Diabetes Federation \(IDF\)](#)

Click the button below to read the full article.

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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 Alliance works to support employers to bring healthy nutrition to +3 million employees in companies, organisations and supply chains by 2025.

