



WORKFORCE NUTRITION Updates & Insights

Newsletter No 35 / 30 May 2025

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.

Uniting Sectors to Bridge Health and Labour: A Call to Action on Workforce Nutrition

Key stakeholders from government, business, and international organizations joined forces to align health and labour through workplace nutrition

During the World Health Assembly, the Global Alliance for Improved Nutrition together with the Consumer Goods Forum's Director of Health and Sustainability, convened key stakeholders from the Ministry of Health and Family Welfare, Bangladesh, the International Labour Organization (ILO), and the World Health Organization (WHO) to leverage workforce nutrition into international labour and health standards. This meeting underscored that real progress depends on strong cross-sector collaboration to ensure that employee and farmer health and wellbeing, particularly in vulnerable settings, are embedded in the future of sustainable policy and businesses.



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Boost Productivity and Impact Through Smarter Nutrition Strategies

Webinar to attend: Thursday, 5 June 2025 | 11:00 – 12:00 PM CET

Looking to boost employee productivity, align corporate strategy with global sustainability standards, and secure a competitive edge by adopting proven workforce nutrition practices? Don't miss this opportunity to join our upcoming webinar and engage directly with industry leaders and experts from the World Benchmarking Alliance. Co-hosted by the Workforce Nutrition Alliance and the World Benchmarking Alliance (WBA), the session will examine how strategic nutrition initiatives in the workplace can strengthen employee performance and contribute to sustainable business growth.

Fueling Performance: Why Workforce Nutrition Matters?

Boost productivity and impact through smarter nutrition strategies

WEBINAR

Thursday, 5 June 2025

11:00 – 12:00 PM CET



ALEJANDRO GUARIN
Food Systems Transformation Lead
World Benchmarking Alliance



BÄRBEL WEILIGMANN
Global Lead Workforce Nutrition
GAIN



KIYOSHI MATSUNO
Associate General Manager Sustainability
Ajinomoto



NADIA HOARAU-MWAURA
Sustainability Director
JDE Peet's



[Register here](#)

Fighting Non-Communicable Diseases with Simple Steps at Work

US\$30 Trillion in Projected Burden Costs vs. US\$11.4 Billion for Prevention: Isn't It Worth the Investment?

Non-communicable diseases (NCDs) such as diabetes, heart disease, and cancer are rising rapidly, projected to increase by 17% over the next decade. NCDs are the leading cause of mortality and disability worldwide, accounting for 74% of all deaths. Poor diets and sedentary lifestyles are key drivers, and if left unaddressed, NCDs could cost the global economy an estimated US\$30 trillion by 2030. Fortunately, prevention is not only possible, but it is practical and cost-effective. Especially in the workplace, where most adults consume at least one meal a day, small changes can go a long way.

Businesses can take meaningful action by offering healthier meals in workplace canteens and vending machines, increasing the availability of fruits, vegetables, and whole grains, and reducing the use of salt, sugar, and unhealthy fats in daily menus. Encouraging better eating habits through meal subsidies or discounts, and providing simple nutrition education—such as seminars, cooking demos, or helpful tips—can also make a lasting difference. These practical steps help create a healthier workforce, reduce absenteeism, and strengthen long-term business resilience.



Source: GAIN | Khaula Jamil 2021

[View Blog](#)

Healthy Diets in the Workplace: Unlocking Potential in Indonesia

Bringing companies, government, and workers together to build healthier, more productive workplaces

In mid-May, the Global Alliance for Improved Nutrition (GAIN) and WAIBI hosted a dynamic Workforce Nutrition Masterclass in Indonesia, bringing together participants from labor unions, the Ministry of Labor, and companies across a wide range of industries. The sessions offered a collaborative space where organizations could share their current nutrition efforts, exchange ideas, and explore practical ways to grow and improve their programmes. The event ended on a high note, with a shared commitment from all stakeholders to continue supporting the Workforce Nutrition project, which aims to become a model for national implementation. The strong collaboration between public and private sectors showed the power of working together toward healthier, more productive workplaces.



Djoko Wahyudi (Panasonic Gobel Workers' Union), Muchamad Yusuf (Ministry of Labor), and Wahyu Widayat (WAIBI) affirm their commitment to advancing workforce nutrition in Indonesia.

Read the post

Women, Tea, and Nutrition: A Recipe for Resilience

Celebrating International Tea Day with real impact initiatives across tea communities

On 21 May, the UN marked International Tea Day with a spotlight on women's vital role in the tea sector, where many workers still face high rates of malnutrition due to limited unbalanced diets. Through the Workforce Nutrition programme, over 734,000 people in tea communities across Kenya, Malawi, and Assam (India) have gained access to better nutrition, health services, and practical knowledge. The impact has been clear: healthier diets, greater use of fortified foods, and positive shifts in gender dynamics. By investing in workforce nutrition, businesses are helping build stronger, more resilient communities and a more sustainable tea sector. Businesses seeking to strengthen the well-being of farmers in their supply chains can explore the [Farmers Scorecard](#) to identify areas for improvement.



Source: GAIN | Frederick Dharshie 2022

Click the button below to read the full report:

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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.