



Healthy workers are good business!

MSU Extension provides Michigan employers with the information and training they need to promote healthy lifestyles to employers, employees, and their families. The Worksite Wellness menu of programs focuses on improving healthy lifestyle behaviors, reducing the risks of chronic diseases, increasing social and emotional health, and preparing, handling, and storing food safely.

Social and Emotional Health

Be Safe

The Be SAFE initiative helps youth and adults work in partnership to create environments that are physically and emotionally safe. The goals of this program are to promote social and emotional learning and development, address and reduce bullying, prevent bullying behaviors, and develop positive relationships with peers and adults. Program options include series and one-time presentations for youth and adults; community workshops; and workshops for parents and caregivers.

RELAX: Alternatives to Anger

This interactive program includes discussion and skill building activities to enable participants to learn what anger is and what triggers it. Participants learn techniques for calming down and destressing, the principles of problem solving, effective communication skills, and ways to forgive and let go of the past. Programming is available as a four-part RELAX workshop series, a four-part online program, a train-the-trainer workshop, one-time presentations, and a workshop for parents and caregivers.

Stress Less with Mindfulness

Stress Less with Mindfulness is an introduction to the practice of mindfulness to reduce stress. Program options include a five-part workshop series and one-time presentations that focus on increased flexibility responding to stress, alternative methods of relating in everyday life experiences, and self-care skills to feel better and find more enjoyment in life.

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Worksite Wellness MENU OF SERVICES



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Nutrition and Physical Activity

A Healthier You: Wellness for Work and Life

A Healthier You: Wellness for Work and Life is designed for adults who are employed or are seeking employment. This curriculum incorporates health and nutrition education as it pertains to attaining and retaining a job and aim to increase fruit and vegetable consumption and physical activity. Lessons are delivered in short, 15 minute increments that get right to the point!

Healthier Worksite Environments

The Healthier Worksite Environments toolkit is used to make healthy changes in a workplace using policy, systems, and environmental approaches. MSUE coaches will meet with workplace staff to help them assess their workplace environment and identify healthy changes they would like to make. Coaches will guide workplace staff by providing appropriate resources to help them meet their goals.

Eat Healthy, Be Active

Eat Healthy, Be Active is a nutrition program where participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle. This program consists of six lessons, each lasting about one hour. Eat Healthy, Be Active promotes healthy lifestyles and can help reduce the risk of obesity and chronic disease.

Cooking Matters for Adults

Cooking Matters for Adults is a nutrition program where participants will learn how to eat healthy, cook, and grocery shop on a limited budget. The program consists of six lessons, lasting approximately two hours each. With the help of an experienced chef and nutrition educator, participants will gain the skills and confidence to make healthy, budget friendly meals. Each week, participants will receive take home food that they can use to practice a recipe they learned in class.

My Way to Wellness

Through an online course designed to accommodate any schedule, participants will set personal goals to achieve and maintain a healthy lifestyle. Composed of 11 self-paced modules, lessons are supported with physical activity and food safety demonstration videos. Participants also have the opportunity to interact individually with a health mentor and track personal intake and physical activity.



Comida Saludable, Familias Saludables/Healthy Food, Healthy Families

Comida Saludable, Familias Saludables/Healthy Food, Healthy Families is offered in Spanish and English for adults who have children. This series can be offered from six to eight weeks for one or two hours per session. This interactive program utilizes a dialogue approach to educate and focuses on three core areas: 1) U.S. Department of Agriculture's MyPlate; 2) Portion control; and 3) Weight management strategies. Participants receive a workbook and Nutrition Education Reinforcement Incentives to take home.



Food Safety

Cooking for Crowds

The Cooking for Crowds curriculum was designed for non-profit groups that cook for their organization or for the public. These organizations traditionally don't have professional training in cooking large volumes of food. Participants learn how to prevent unsafe conditions that may cause food-borne illness when planning, purchasing, storing, preparing, and serving food.

Cottage Food Law

With the enactment of Michigan's 2010 Cottage Food Law (allowing homemade foods to be sold to the public at Farmer's Markets and similar venues) MSU Extension offers Michigan Cottage Food Law, a program to train Michigan residents in food safety who want to learn about promoting their product at farm markets or other venues. The instructor covers what, how much and where foods can be sold, basic food safety guidelines, package labeling, and storage.

Food Preservation

Using up-to-date research methods, participants learn skills and techniques to safely preserve high-quality food and canned products. MSU Extension food preservation workshops cover a variety of topics customized to each workshop's target audience. Topics include: freezing, boiling water bath canning, pressure canning, and dehydrating. Scholarships are available for SNAP, Bridge Card, and WIC participants.

Food Safety Training for Food Service Workers

The online training informs and educates food establishment employees, or those who want to know more about food safety, about the five risk factors that contribute most to foodborne illness. Topics include personal hygiene and health, cooking temperatures, holding temperatures, and cleaning of food contact surfaces. After passing a short exam, a certificate of completion can be printed.