



Remember to eat healthy. Our recipe competition will encourage the development of healthy meals that can be prepared at home and even taken to work as part of our drive towards healthier food consumption.



Activity	Requirements	Points	Bonus	Description
Healthy Recipe Challenge	Organizations will provide recipes for breakfast, lunch and dinner. A maximum of three (3) recipes are required for each category. Submissions will be evaluated based on: • Adherence to the food-based dietary guidelines of Jamaica • Use of local Jamaican foods • Creativity and appeal • Public vote All submissions must be original work. By submitting, participants grant the MoHW the right to showcase work publicly. The finalists will prepare their respective recipes live at a Cook-off at which the public will be invited to attend.	Up to 60 points can be awarded for each set of recipes	Nutrition Sectional - Each company that enters the competition will be assessed (at no cost) to gauge the nutritional environment of the workplace. They will be linked to nutritionists across the region who will provide support over a period of 5 months and companies who improve the most will be awarded.	Remember to eat healthy. Our recipe competition will encourage the development of healthy meals that can be prepared at home and even taken to work as part of our drive towards healthier food consumption.

Participate in the Nutrition Challenge Side Quest



BRIEF

Assessing Healthy Eating Environment in Workplaces Brief

1. Introduction

The World Health Organization's take regarding occupational health and health promotion in the workplace emphasizes, *"the workplace directly influences the physical, mental, economic and social well-being of workers and in turn the health of their families, communities and society"*. Evidenced by the results of the Jamaica Health and Lifestyle Survey III, non-communicable diseases are gravely affecting the age group that represents the working population. The workplace provides an ideal setting to support the promotion of health to a large audience.

The Ministry of Health and Wellness (MoHW) will execute an incentive-based activity in the form of a national competition under the theme **'Jamaica Moves towards Healthy Eating'** as a strategy to tackle unhealthy lifestyle practices among employees. The competition will be among Government Ministries and Agencies and calls on organizations to implement creative, practical strategies that make it easier for employees to make nutritious choices throughout the workday.

2. Objectives

The objective of this competition is to promote and support healthy eating habits within workplaces by encouraging organizations to create environments that make healthy choices easier for employees.

Participating workplaces will be challenged to implement a variety of recommended strategies that foster a culture of nutrition and wellness. These strategies include increasing access to healthy food and beverages, providing nutrition education, supporting breastfeeding mothers and creating infrastructure that encourages employees to bring meals from home.

3. Eligibility

Government Ministries, Departments and Agencies with at least 10 full time employees are encouraged to participate. Each workplace must designate a team leader or coordinator to manage implementation and reporting.

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4. Recommended Strategies

1. Participating organizations are encouraged to implement a combination of the following strategies:
2. Ensure drinking water is easily accessible throughout the day.
3. Provide healthy food options in on-site cafeterias, meetings, and events.
 - Offer lunch vouchers for local restaurants with healthy menu items.
4. Provide a designated breastfeeding space for nursing mothers.
5. Facilitate educational sessions on healthy eating.
6. Host internal competitions that encourage healthy eating.
7. Designate special days such as fruit day, vegetable day or water day.
8. Invest in kitchen appliances (microwave, refrigerator) to support employees bringing food from home.
9. Distribute or display educational materials (brochures, posters, videos, etc.).

5. Submission Timeline

Each participating workplace must submit:

- A brief implementation report (max 1,000 words)
- Evidence of activities (photos, videos, attendance sheets, menus, materials used)
- Summary of employee participation and feedback
- A signed declaration or action plan by the team coordinator

All submissions must be sent via email to (email address to be provided) by 30 November 2025.

6. Judging Criteria

Points will be awarded based on:

- Number of strategies implemented
- Depth and quality of implementation
- Employee engagement and participation
- Creativity and sustainability of approaches
- Evidence submitted

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7. Overall Timeline

Event	Date
Launch	July 2025
Judging period	December 2025
Award and networking ceremony	February 2026

8. Recommended Strategies

Participating workplaces will be recognized based on the level of their implementation and engagement throughout the competition.

Prizes to be Awarded:

1. Certificate of Commitment – For all participating workplaces that demonstrate genuine effort in promoting healthy eating.
2. Bronze Healthy Eating Workplace – Bronze plaque awarded to workplaces that meet the minimum core criteria for strategy implementation.
3. Silver Healthy Eating Workplace – Silver plaque awarded to workplaces that exceed basic requirements and show broader staff engagement.
4. Gold Healthy Eating Workplace – Gold plaque awarded to organizations with a comprehensive approach, strong execution and ongoing commitment.
5. Platinum Healthy Eating Workplace – Platinum plaque awarded to the top-tier workplaces demonstrating exemplary, sustainable and innovative health-promoting practices.

All recognized workplaces will be honoured at the Awards and Networking Ceremony where they will also have the opportunity to showcase their journey and success.