



What's for Lunch?

Building Better Lunch Routines After Thanksgiving

Once all the leftovers are gone, many of us are ready for a healthy reset. Getting back into a routine of healthy lunches can help your employees feel fueled and focused for better productivity.

Share these lunch strategies with your teams to help them stay on track before the next round of holiday temptations:

- For lunching in the office, plan ahead and pack a lunch bag.
- Think lean protein: Low-sodium turkey, skinless chicken, hard-boiled eggs.
- Reach for unsalted seeds and nuts.
- Go for grapes, berries, apples, bananas or pears.
- Throw in a few veggie sticks, some low-fat string cheese or homemade popcorn cooked with olive oil.
- Add convenience with individual serving containers of fat-free or low-fat yogurt or cottage cheese.

Here are some more tips and suggestions to pass along for healthy, energy-boosting lunches.

[LET'S EAT](#)

Recognize the Quiet Heroes in Your Workplace

Did you know that 1 in 5 employees juggle their jobs with caring for an aging, ill or disabled loved one? Society often underestimates the value and the challenges of caregiving, leaving many caregivers feeling alone and isolated, even when surrounded by colleagues.




Along with isolation comes exhaustion and stress, which can lead to lost productivity and increased turnover. That's why support from employers is crucial. Even small gestures — such as regular check-ins or discussions of flexible work hours or employee assistance programs — can help employees feel seen, valued and supported.

National Family Caregivers Month is a great time to consider tools and resources that support the caregivers in your company.

[LEARN MORE](#)

SAVE THE DATE

Built to Thrive: Advancing Well-Being in Construction and Manufacturing




 **Date: December 3**
 **Time: 11:00 a.m. Central**
 **Location: Zoom**

Calling all construction and manufacturing companies! Join us for an informational online meeting to learn about a new pilot program designed for companies in these fields. This session will provide an overview of the program schedule, strategic objectives and intended outcomes, all anchored by the overarching goal to empower participating companies with the resources to strengthen their health and well-being strategies.

[REGISTER NOW](#)

SAVE THE DATE

Peer-to-Peer Learning Session No. 2: Financial Well-Being at Work: Education and Benefits that Make a Difference

 **Date: December 10**
 **Time: 12:00 p.m. Central**
 **Location: Zoom**

Don't miss the next session in the peer-to-peer online learning series, Financial Well-Being at Work: Education and Benefits That Make a Difference. Discover how to empower employees through education, benefits and resources with insights from leading experts.

[SIGN UP](#)

Share Your Story

Big transformations or small wins. Group efforts or individual experiences. We'd love to hear the ways Well-being Works Better solutions are positively impacting your organization.

[SHARE NOW](#)