Nutrition Education and Corporate Wellness

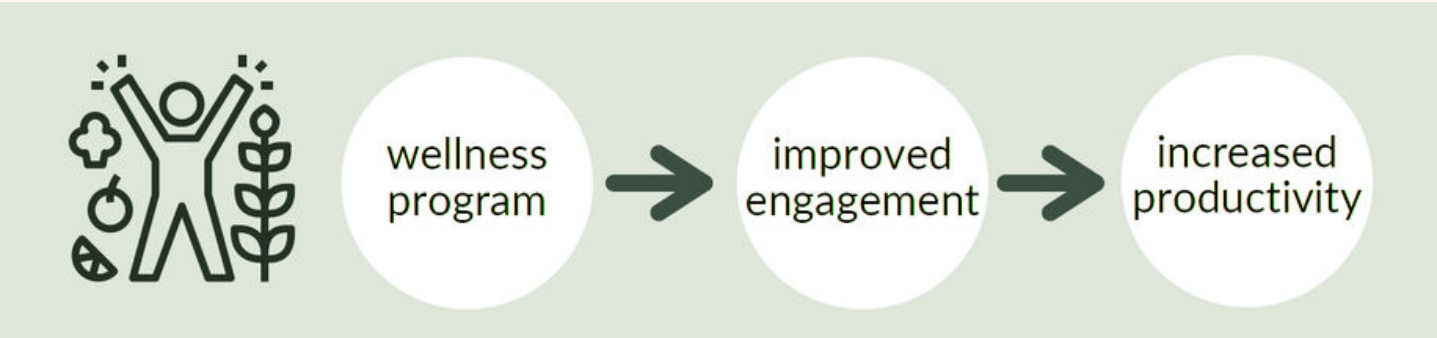
Empowering organizations through better health, increased productivity, and higher retention.

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www.food4success.com

Why Nutrition Education for Worksite Wellness?



Benefits

- Nutrition education by a Registered Dietitian (RDN) is a cost-effective way to reach a large number of people and address multiple topics.
- RDNs are experts in food and nutrition and can translate science into understandable and engaging solutions.

Quick Facts

- When employees felt their employer cared about their wellness, they were 38% more engaged at work.
- Wellness programs save companies over $200 a year in healthcare costs per employee.

About Us

Our mission is to equip individuals, families, and organizations with empowerment, knowledge, and tools to improve their diet and have long-term success with their health goals.

Nutritional coaching and education are a process. We did not learn our eating habits in one day, and we should definitely not put pressure on ourselves to change it all in one day. We work with you using behavioral change therapy, ongoing nutrition education, support, continued goal setting, and accountability. There is so much to learn and process, so it is important to allow time and give yourself credit when any goals are achieved along the way.

Many programs provide a generic meal plan or a class that may contain some type of vague instruction. The results are usually temporary, if there are any at all. The problem with this is often the lack of support, education, and tailored counseling from a credentialed professional. There is no one plan that fits all, and there are endless variations in peoples' needs, medical history, lifestyle habits, etc. This is why, after many frustrating attempts, our clients come to us.

At Food 4 Success, you get all of these tools and tailored plans that aim for sustainable results. Improving your diet IS a commitment and an investment, but it is a commitment and investment in your organization that you will not regret. Improving relationships with food and learning how to eat for health AND happiness dramatically improves quality of life, prevents or manages various health conditions, enhances productivity, saves thousands of dollars in future healthcare costs and insurance premiums, and so much more. We proudly say this with confidence, because we have had the privilege of seeing it happen time and time again.

Our Team

Elissa Lueckemeyer RDN, LD Owner, Registered Dietitian	Brianna Gillespie MS RDN, LD Registered Dietitian
Bowie Hand MBA, MS, RDN, LD, ACSM PT Registered Dietitian	Sarah Horner MS, RDN, LD Registered Dietitian
Samantha Bowman MS, RDN, LD Registered Dietitian	Brittany Tucker Office Coordinator

Worksite Wellness Options

Every organization's needs are different, which is why we offer a variety of different options at Food 4 Success!



In-Person Presentations

Our dietitians can come to your organization and provide a 45-minute presentation on a topic of interest. We have a list of popular nutrition topics you can choose from or we can tailor and create presentations to fit your employee's needs! Includes educational handouts and a 15-20 minute Q&A. These are commonly done monthly or quarterly.

Popular Presentation Topics

- Nutrition 101: Healthy basics including nutrient and hydration needs, goal setting, general wellness. Great starting presentation.
- Grocery Shopping Smarts and Label Reading: How to better navigate and get more nutrition bang for your buck at the grocery store.
- Introduction to Intuitive Eating: How to practice tuning into your body's hunger and fullness cues for better health in our day-to-day lives.
- Carbohydrate Counting Made Easy: How to properly portion carbohydrates for prevention and treatment of diabetes. Also helpful in weight management.
- Meal Planning for Busy People: Tips and tricks on how even the busiest of people can still eat healthy.
- Nourishing Your Heart: Clearing up confusion on fats, how to improve labs, and nutrition tips for better heart health.
- Enjoying the Holidays with Good Health: How to maintain your health and waistline during the holidays while still enjoying yourself.

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Online Programs

Presentations can be viewed through recordings. This is a good option for staff with varying schedules and availability and for those who need to work at their own pace.
Designated times can be scheduled to allow for live Q&A and group coaching with your employees, or they can do exclusively self-study.



Individualized Nutritional Counseling

Our dietitians meet with your employees individually for more tailored coaching and education. We can schedule times to come to your organization or coaching can occur at our office in New Braunfels, TX. Virtual one-on-one appointments are also available. We also accept most major insurances for this service.

Interested in working with us?
We are happy to set up a meeting at your convenience to learn about your needs and provide a quote.

Food 4 Success, LLC

Elissa Lueckemeyer RDN, LD Owner

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Additional Services & Resources

Check out our website for our free nutrition and recipe blog. This also includes our services
and insurances we are in network with.
www.food4success.com/blog

Individualized Meal Plans with our meal planning app, EatLove
www.food4success.com/meal-plans

The RESET Program
Weight management online course that transforms habits and stops yo-yo dieting.
https://training.food4success.com/resetprogram

Connect with us on social media for ongoing free content, recipes, cooking demos, and more:
Instagram: @food4successllc
Facebook: @food4successllc
LinkedIn: https://www.linkedin.com/in/elissa-lueckemeyer-4b8ba816/

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