Activity 3 – Salad Bar in the workplace

Having a Salad bar is an excellent way to get staff together for a quick and healthy break. There’s not too much to it.

1. Pick a date, and send out the notice via email and put up some posters around the workplace (link – sample poster)

2. Shop for salad ingredients the day before – you can charge staff a small amount for each salad to recover the money spent on ingredients if there is no budget.

3. Set up the ingredients on a table and get staff to make their own salads.

4. You can do another activity while people are enjoying their salad – try any of the activities from the “simple quick activities” list on this webpage.