Improving Your Metabolism

Presented by:

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Lowering Health Care Costs
By Increasing Employee Engagement

About the Chef Marshall O’Brien Group

What We Believe
Your current world

There’s a shortage of qualified:
• Teachers
• Special Ed staff
• Food service staff
• Others
And
• Rising insurance costs

Your Task

Improve your school environment so that:
• Keep your good people
• AGract qualified new people
• Keep insurance costs under control

Your secret weapon

The Number 1 resource
that most schools do not use:

Smart NutriLon
Smart Nutrition can do the following:

- Reduce stress on teachers
- Put students in a better learning environment
- Have a calming affect on Special Ed students
- Decrease bad social behavior

Which leads to an improved work climate

A positive culture creates a positive climate

A positive work culture creates a positive work climate

How do you create a positive culture?

A positive culture creates a positive climate

- A positive climate makes your district more attractive to potential employees
- A positive climate helps retain good employees keep morale up
- Minimize the increase in health care costs over time
A positive culture creates a positive climate

Changing your work world

Two Key Areas:

• Create an environment that supports change
• Use tools to empower people to change habits

Start with a Food Philosophy
Benefits of a comprehensive Food Philosophy

- Greater Employee Productivity
- Fewer Sick Days
- More Positive Interactions with Students and Other Employees
- Greater Job Satisfaction
- Lower Insurance Costs

Changing Habits

The biggest issue – the Gap
Bridge the Gap

Provide immediate steps to take:

Now what?

What actions need to be done to start changing habits?

Educate Staff & Students – This is the WHY

- Not just one meeting – may take a year and then constant reminders
- Baby steps
- Make it fun
- Provide reinforcement
- Get employee cheerleaders
- You are there when the Food Philosophy is a part of your district fabric
The Key to Success

Leadership MUST lead by example!

Take Aways

1. Make school district more desirable for place of employment with a positive workplace culture
2. A nourishing food philosophy will help manage increasing health care costs
3. Be intentional and thorough explaining Why this is being implemented to help people have a better quality of life
4. Help people take that first step
5. Continue to reinforce and motivate (it is not one and done)

Get started

What can you do at your district to start changing the culture?
You'll Love the Way You Feel!

Thank You!

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