

# A TASTE OF WELLNESS: CULTIVATING HEALTHIER WORKPLACES IN CHINA



## Workforce Nutrition Pilots in China

In China, CGF member companies are giving importance to employee health and wellbeing. The [Healthy China 2030 Plan](#) clearly puts in focus the health development priorities of popularising a healthier lifestyle, improving health protection, and building an all-round healthier environment.

### About the CGF's Work on Employee Health & Wellbeing

In 2023, CGF launched the [Year of Employee Wellbeing campaign](#) in which member and partner company leaders raised awareness around the importance of employee health & wellbeing (both mental and physical) by answering a call to action to create workplace cultures that actively promote and support wellbeing. Over 30 assets were shared in the form of CEO videos, wellbeing masterclass sessions and case studies.

In 2024, employee wellbeing is part of the Acceleration Areas and new ambition of CGF Co-chairs Frans Muller, President and CEO of Ahold Delhaize, and Dirk Van de Put, Chairman and CEO of Mondeľz International, to boost the health and wellbeing of employees across all of the CGF's 400+ members.

UNILEVER'S  
HEALTHIER

CANTEEN  
INITIATIVE

The Healthier Canteen Initiative led by Unilever Food Solution (UFS), in collaboration with Sodexo, supported by Shanghai JS Life Sciences Institute (SJLSI) and CHL, launched its first pilot at its Unilever Shanghai Ltd. canteen in 2023.

This is part of the Healthier U programme, which is led by the Unilever Health & Wellbeing function.

Empowering employees to choose healthier options by:



PROVIDING  
HEALTHIER  
DISHES



PROVIDING  
COOKING  
CLASSES  
FOR CHEFS



TRACKING  
AND SHARING  
THE CONDIMENT  
CONSUMPTION



OFFERING  
MORE MIXED  
GRAIN RICE



LABELLING  
THE LEVEL  
OF SUGAR



INSTALLING  
A WATER  
DISPENSER



### Results



**100**  
HEALTHY DISHES

In total, over 100 healthy dishes (meeting the Unilever Healthy Recipe Framework), or healthier versions of dishes, were provided.



**10%**  
INCREASE IN  
SATISFACTION

Employees' reported a 10% increase in satisfaction with the taste of dishes.



**20%**  
REDUCTION OF  
CONSUMED  
CONDIMENTS

A reduction of over 20% in condiment consumption (salt, fat, and sugar) was achieved and maintained compared to the baseline.