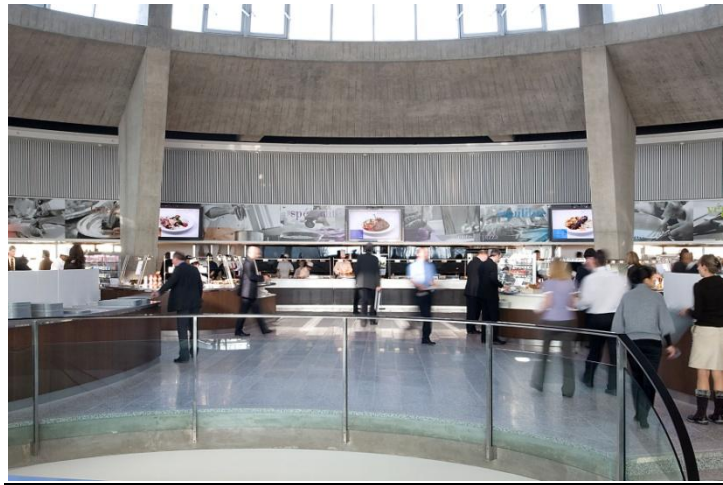


## Nestlé Headquarters' Workplace Wellness Initiatives

### **Healthy Choices: Nutrition Information at the Canteen**

The restaurant cafeteria at the Nestlé Center offers an array of healthy choices from vegetarian options to “pleasure of balance” options. Each dish sold is accompanied with nutritional information - % of daily requirement for carbohydrates, proteins and fat.



### **Healthy Lifestyle: Sports and Leisure Clubs**

There are 33 clubs currently functioning at the Center with 5,200 members. These clubs serve as venues for sports activities, cultural development and healthy eating. The clubs encourage employees and their families to engage in activities that promote an active and healthy life.

### **Healthy Hydration: Free Water**

Water is needed daily to maintain good health and proper body functions. Free bottled water is available for all employees at Nestlé Headquarters. In 2010, employees at Nestlé Headquarters consumed 1,579,392 bottles of water.



### **Healthy Snacks: Fresh Fruits**

Since 2001, the Center has given away fresh fruits to its employees. Each employee is entitled 3 free fruits a day. In 2010, 520, 000 fruits were consumed in Nestlé headquarters. This is an initiative contributing to the Swiss national campaign “5 a day” to promote the consumption of fruit and vegetables.

### **Active Lifestyle: Bike Sharing Station**

An initiative that started in 2009, each employee is entitled to borrow a bike from the bike station situated right outside Nestlé Headquarters. There are 3 stations around Vevey with 45 bikes each.



### **Keep Healthy: Employee Check – Ups and Health Counseling**

This free of charge service, covered by Nestlé, which occurs once a year at Nestlé headquarters offers employees individual consultations with qualified nutritionists and doctors. Doctors analyse the employees test results and give them personalised advice on how to pursue a healthy life.

[Nestlé NQ® programme](#)