



# Free lunch benefits mining staff

KESTREL Mine workers and contractors have ditched their desks in favour of eating a healthy lunch.

As part of Healthy Lunch Week, a new health initiative combining nutritional information and healthy lunches away from desks, the mine provided workers with a free healthy lunch supported by a brief educational presentation about the food being consumed and opportunities for workers to talk to a variety of health experts.

Kestrel Mine health advisor Ed Boonstra said the initiative was part of the

mine's focus to change the work culture on site and educate workers about nutrition, exercise, and work/life balance.

"We had more than 50 people join the lunches each day, which was a great result," Mr Boonstra said.

"The food we provided included healthy takeaway food, healthier barbecue food as we move into summer, vegetarian food, and organic food. The presentations spoke about everything from the benefits of a lunch break to portion control to how people can purchase organic food in Emer-

ald."

Kestrel Mine longwall superintendent Justin Lawrence said the week was positive and he enjoyed sitting and talking to people he wouldn't normally socialise with.

Kestrel Mine health provider Corporate Bodies International (CBI) helped organise the initiative.

CBI dietician and exercise specialist Helen Scott said research showed one in four Australian employees ate lunch at their desk.

"We know one in six employees skip lunch frequently. I believe these

statistics are significantly higher at Kestrel Mine among surface employees, which is why this a great initiative."

Mr Boonstra said the initiative was motivated by the concerns of underground employee Craig Firth who also sits on the site's Health Committee.

"Craig has been working on the surface for the last few months and noticed that people working on the surface rarely took lunch breaks and most of the time ate at their desks," he said.



**Kestrel Mine workers have been eating healthy lunches away from their desks as part of an initiative to improve workers' health and wellbeing.**

PHOTO: CONTRIBUTOR