



# WELLNESS PROGRAMMING *Menu*

Power your workplace with science-based answers to your employees' hot-topic nutrition questions.

Our talented team of Metro Atlanta-based Registered Dietitian Nutritionists provide innovative nutrition programming, from demos to discussions.

*Plus, 100% of the net proceeds from all Good Measure Meals services directly benefit non-profit Open Hand Atlanta, an impactful win for your corporate social responsibility initiatives that everyone can feel great about!*



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|-------------------------------------|-----------------------|---|
| <b>PROGRAM ONLY</b>                 | <b>\$250</b>          | <b>Sample Topics:</b> <i>Fueling for Your Workday and Workout • Energy Balance &amp; Body Composition • Diets Decoded Series • Healthy Eating in a Fast-Paced World • Healthy Holiday Eating • Hot Topics Series</i>  |
| <b>HEALTHY EATING DEMONSTRATION</b> | <b>\$350</b>          | <b>Sample Topics:</b> <i>Flavor Your World with Heart-Healthy Vinaigrettes • Easy Entertaining with Garden-Fresh Snacks • Elevate Your Tailgate • Stress-Free Breakfast • Have Your Desserts &amp; Your Nutrition Too</i>   |
| <b>BODY COMPOSITION ANALYSIS</b>    | <b>\$100/HR</b>       | <i>2 hour minimum (unless paired back-to-back with a program.) Bioelectrical impedance analysis provides more information than stepping on a traditional scale. Learn body fat percentage, muscle mass, hydration status, and more. Can analyze 30 people per hour.</i>   |
| <b>WELLNESS CHALLENGE</b>           | <b>\$100/HR</b>       | <i>Body Composition Analysis pre- and post-challenge. 2 hour minimum.</i>   |
|                                     | <b>\$500</b>          | <i>Aggregate Data Report provided at conclusion of challenge, includes confidential data collection and storage.</i>  |
|                                     | <b>CUSTOM PACKAGE</b> | <i>Customized selection of wellness programming through challenge.</i>  |
| <b>HEALTH FAIRS</b>                 | <b>FREE*</b>          | <i>Freshen up your health fair by providing employees with the opportunity to learn about Good Measure Meals' locally prepared fresh-delivered meal plans and nutrition support services.</i><br><br><i>*For a fee, Good Measure Meals can provide meal samples and/or a Registered Dietitian Nutritionist for rolling healthy eating demonstrations, Body Composition Analysis, and/or "Ask the RDN" at the health fair table.</i> |
| <b>NUTRITION CONSULTATION</b>       | <b>VARIES</b>         | <i>Bring a Good Measure Meals Registered Dietitian Nutritionist on-site for individual nutrition consultations for 30+ minute blocks. Consider including Resting Metabolic Rate testing or Body Composition Analysis.</i>   |
| <b>PARTNERSHIP</b>                  |                       | <i>Install a Good Measure Meals refrigerated cooler on-site and all employees receive an ongoing 10% discount on all meal plans. Ask about matching discounts.</i>  |
| <b>CATERING</b>                     | <b>VARIES</b>         | <i>Turn your program into a Lunch and Learn with catering from Good Measure Meals. Request a catering menu for more information.</i>  |



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[www.goodmeasuremeals.com](http://www.goodmeasuremeals.com)