Want help with eating better?

Be Well at Work -- Wellness Program offers a variety of workshops and programs on eating well, healthy cooking, and more. Use these goals as your daily guide to making eating well simple:

✓ Choose portions wisely.
✓ Make half your plate veggies and fruits.
✓ Choose tap water as your beverage of choice.

On Campus

Cooking Workshops
Cooking classes on simple, healthy techniques. Recipes available online. Workshops available by department request.

Healthy Lifestyle Programs
Practice new habits with offered several times a year.

Eat Well Berkeley
Look for the ☑ around campus, indicating healthier options at restaurants, caterers, and vending.

Online

Ask the Dietitian Email Service
Got a question? We’ve got an answer.

Healthy Meetings & Events
Use the Guide and webpage resources for planning healthy selections, integrating activity breaks, coordinating healthy potlucks, and more.

Webinars and Nutrition Resources
Sugar Savvy, Nutrition Essentials, and more webinars available. Resources on food, nutrition, meal planning, and various health concerns.

Be Well at Work -- Wellness Program
Campus partners: Be Well at Work – Faculty/Staff Health Programs, Office of Environment, Health & Safety, Office of Human Resources, Physical Education Program, and Recreational Sports.

uhs.berkeley.edu/wellness