

### Good practices in the Green Office tutoring process

<b>Good practice title</b>	Food, health and vitamin-mornings for employees
<b>Good practice photo(s)</b>	
<b>Name of Office</b>	AS Ragn-Sells
<b>Type of Office (sector)</b>	Waste management
<b>Website</b>	<a href="http://www.ragnsells.ee">www.ragnsells.ee</a>
<b>Country</b>	Estonia
<b>Tutor name</b>	Karin Kilk
<b>Environmental aspect/management aspect</b>	Health, ergonomics
<b>Description of good practice (max 250 characters), including the aim of the activity; indicator(s); used measures and tools; results and achievements; communication related activities.</b>	<p>Ragn-Sells has organized seminars in the office about topics like healthy eating habits, holistic worldview, yoga and breathing. There are also morning meetings called “vitamin-mornings” where fresh fruit and vegetables are offered.</p> <p>The aim of the good practice is to increase the well-being of employees and to promote a healthy lifestyle.</p> <p>The indicator is the amount health-related seminars.</p> <p>There is a possibility in the office to make your own healthy food (kitchen,</p>

	<p>dishes etc.) or order take-away.</p> <p>As a result, the well-being, satisfaction and productivity of the employees have increased.</p> <p>The information about seminars is put on the outlook calendar.</p>
<b>Cost/payback period</b>	-
<b>Challenges in implementation</b>	No challenges.
<b>Replicability (yes/no)</b>	