



On-Site Grocery Delivery

This health initiative is one way to enable employees and students to save time and money! On-site grocery delivery is a great way for people to make healthy choices through the click of a button. The options are endless – you can order meats, produce, and even dairy products – and have them delivered to your workplace or your personal doorstep! This intervention is free to implement on a basic level. However, providing the incentive causes an increase in the budget with varying costs of around \$150, depending on the size of the department.

How to Implement

- Contact your local grocer who already does grocery delivery.
 - i.e. peapod
- Schedule a drop-off time and location.
- PROMOTE- Inform employees and students about an opportunity to save time and money.
- Give information regarding grocery deliver times, location, and how to order.
- Notify participants of any coupons that online grocery stores provide upon purchasing items.
- Nutritional facts are readily available for every product online when purchasing.
- Encourage this method of grocery shopping by purchasing food for a department lunch or event and have it delivered right to the office doorstep!
- Evaluate how the service is working and adjust as necessary.
- Be sure to incorporate a budget for promotion

Examples of On-Site Grocery Retailers:

- Amazon Fresh – allows you to reserve a delivery time
- Walmart – allows delivery and pick-up
- FreshDirect – specializes in Kosher, organic and gluten free options
- Giant – first delivery is free

Evaluation

To assess the impact of the intervention:

- Survey students and employees, asking questions like:
 - Are you utilizing the online method of grocery shopping?
 - If so, which retailer are you using?
 - Are you able to find discounts online and saving money?
 - As a result, are you able to stay more focused at work/school without having to worry about after hour grocery shopping?
 - Is on-site grocery delivering allowing you more time to spend with family and friends outside of work?
 - What type of food would you enjoy as a department meal for a social gathering for everyone?



Example Pre and Post Questions:

- Would you say that in general your health is:
 - Excellent
 - Very good
 - Good
 - Fair
 - Poor
 - Don't know

- In general, how healthy is your overall diet?
 - Excellent
 - Very Good
 - Good
 - Fair
 - Poor
 - Don't Know
 - Refused

- Anonymously rate your energy level on a scale from 0-10. **(Ask pre/post each time.)**

- Anonymously rate your mental alertness on a scale from 0-10. **(Ask pre/post each time.)**

- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never

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- During the past 7 days, how many meals did you get that were prepared away from home in places such as restaurants, fast food places, food stands, grocery stores, or from vending machines?
 - How many of those meals did you get from a fast-food or pizza place?
- During the past 30 days, how often did you eat frozen meals or frozen pizzas?
- "In the last 12 months, we worried whether our food would run out before we got money to buy more." For your household, was that:
 - Sometimes true
 - Never true
 - Often true
- "The food we bought didn't last and we didn't have money to get more." For your household, was that:
 - Often true
 - Sometimes true
 - Never true
- Not including juices, how often did you eat fruit? You can tell me times per day, times per week or times per month.
 - Per Month
 - Per Week
 - Per Day
 - Don't Know
 - Refused
 - Number of times: _____
- How often did you eat other vegetables? You can tell me times per day, week or month.
 - Per Day
 - Per Week
 - Per Month
 - Don't Know
 - Refused
 - Number of times: _____
- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied
- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied