

Good Practices

Establishing and Running a Proper Canteen

A good canteen is an essential element of a productive work environment. A balanced diet plays an important role in improving employees' health, and boosts worker productivity. Factories are increasingly investing in this area, ensuring that productivity levels remain high throughout the work day. An ILO study on workers in developing countries found that food of poor quality (e.g. iron deficient) causes a productivity loss of \$5 billion per annum in South-East Asia alone. Proper canteens provide an opportunity to reduce these productivity losses.

Good practice for the importance of establishing and running a proper canteen

- Food provided by the canteen should be of good quality and nutritious providing the body with sufficient energy to be productive. This way, energy that has been spent during productive work can be compensated.
- Keep the canteen clean and hygienic at all times (Figure 1).
- Provide healthy and nutritious food (Figure 2).
- Provide a comfortable and well ventilated canteen that provides workers a place to relax after they have finished eating (Figure 3).
- Use hot water and dish soap to clean dishes and silverware after use.



Figure 1



Figure 2



Figure 3

Benefits:

- ✓ A proper and balanced diet plays an important role in improving the health of workers, which could lead to labour productivity enhancements of 20% (ILO global study)
- ✓ Appropriate employee nourishment improves employee morale, and prevents diseases
- ✓ Centralized provision of food in a canteen during overtime work saves time and enhances productivity
- ✓ A well functioning canteen helps workers to enjoy a leisurely meal in their work place

How:

- ✓ Select an appropriate location within or nearby the factory premises
- ✓ Invest in proper furniture and facilities such as chairs, tables, fans and a refrigerator
- ✓ Ensure that the canteen allows employees to take a break from their work in a comfortable environment
- ✓ Ensure that the canteen, dishes, and silverware are all cleaned hygienically
- ✓ Arrange for workers to eat at different times, thus reducing the space needed for sufficient seating

Cost:

\$ - \$\$

\$ Low cost

\$\$ Moderate cost

\$\$\$ High cost