



Wellness on the Go

Supporting Health, Safety and Wellness at ANZCO Foods Canterbury and Rakaia
Issue 8 | December 2024

Dear team,

As we wrap up 2024, I want to take a moment to thank everyone at the ANZCO Foods Canterbury, Rakaia, and Ashcold sites for your incredible dedication and hard work throughout the year. Your efforts have been vital to our success, and I'm truly grateful to have such a committed team.



With the festive season upon us, I encourage you all to prioritise safety – both at work and at home. Whether you're finishing up tasks on-site or enjoying well-earned time off, let's make safety a priority so we can all celebrate this special time with peace of mind.

I hope you take the opportunity to rest, recharge, and spend quality time with your loved ones. You've earned this break, and it's important to cherish these moments with family and friends.

I'm looking forward to seeing you all back in 2025, ready for another successful year together. Until then, have a wonderful Christmas and a safe, happy New Year!

Warm regards,
Geoff Proctor
Site Manager

Congratulations on reaching your 30 years' service milestone! Dion Tuanui, Chris Hindson, Peter Hislop and Debra Reuben were recently presented with their 30 years long service certificates.



Well done, and thank you all!

Well done! We have successfully achieved our WorkWell Bronze accreditation!



This is unique to our sites, and follows the great work by the sites' WorkWell team to promote the wellbeing message and encouraging healthy lifestyles and a safe and healthy workplace for us all.

Bronze accreditation was achieved through identifying and working on three key areas highlighted by staff. These were healthy eating, mental health, and sun safety, and after being implemented in our action plan, were followed up with several ongoing projects, including newsletters, family competitions, health checks, and continual promotion of our healthy eating and wellbeing goals.

With ANZCO Foods being the largest private employer in the area, the programme has a flow-on effect to the community, while looking out for the wellbeing of our people both at work and in their everyday lives.

Bronze is just the first step in our journey towards achieving a workable wellbeing programme benefiting us all at work, and at home.

If you have any ideas that support staff health, safety and wellbeing, don't hesitate to contact one of the team, leave a card or note in one of the suggestion boxes near the canteens, or email:

canterbury.newsletter@anzcofoods.com.



Charlotte Miller and Emma Shaw show off the Bronze award.

Summer Safety



Slip on clothing



Slop on sunscreen



Slap on a hat



Seek shade



Slide on sunglasses

Keep yourself and your family safe while you're at home or out and about this summer. In New Zealand, spending time outdoors goes hand in hand with spending time near water, so it's important to know what to look out for whether you're at the beach, lake, river, or pool.

- Always watch your children while they're swimming and consider investing in swimming lessons for you or your children.
- If you're swimming in cold water, consider cold water protection gear like a wetsuit, even if it's hot outside.
- If you're at the beach, watch out for channels of smooth water with no breaking waves. This is a 'rip', where water gets sucked back out to sea. If you get caught in a rip, don't swim against it. Instead, swim parallel to the shore to escape the current and always swim between the red and yellow flags where lifeguards can see you.
- Always wear a life jacket if you're swimming in a river or lake.
- Don't swim near bridges, and watch out for submerged rocks or tree trunks, as currents around these can be dangerous.
- If you're using a boat, always wear a life jacket, check the weather forecast, and have two waterproof ways of communicating onboard, such as a waterproof radio or beacon. Always tell someone who's staying on land the time you're expected back.

The New Zealand summer sun is powerful and can burn or cause damage to your skin.

Tips to protect your skin and eyes from the sun's damaging UV rays:

- Choose water-resistant, broad-spectrum sunscreen that's 30 SPF or more.
- Reapply sunscreen every two hours.
- Wear a sunhat, sunglasses, and clothing that covers your skin.
- Seek shade between 10am and 4pm.

More than 6,000 melanomas (skin cancers) are diagnosed in New Zealand every year, and early detection through skin checks can improve chances of recovery.

Get a discount for MoleMap skin checks through the ANZCO Crew App.



The **ANZCO Crew app** for employees unlocks fantastic discounts and privileges, including MoleMap, Specsavers, Placemakers and many other brands, as well as keeping you up-to-date with the latest news from ANZCO Foods. Download via the QR

code or <https://anzco.ezstream.com>. To register, you'll need your ANZCO Foods employee code which is the 5-digit number on your payslip. It's only needed once for the initial access to the app.



Food for your mind

Choose the best foods to keep you in a good mood. How are diet and mental health linked?

What we eat affects our mental wellbeing. In fact, poor diet may not only be a reaction to feeling depressed, but may be one of the things that trigger it.

If we're feeling depressed or anxious, we're often more likely to want more unhealthy food and drinks (eg takeaways, fizzy drinks, alcohol). But this can actually make us feel worse.

Eating well can help you feel better, and the best way to change unhealthy habits for the long-term is to make small, sustainable changes. You don't have to make big changes to your diet all at once, but here are some things to try:

Eat regularly. This will keep your blood sugar levels steady and stop them from dropping, which can make you feel tired and bad-tempered or depressed.

Stay hydrated. Drink more. Even mild dehydration can affect your mood, energy level and ability to concentrate. Water is best, but try drinking herbal or green tea or diluted fruit juice too.

Eat more whole grains, and a rainbow of fruit and veges. They contain the minerals, vitamins and fibre we need to keep us physically and mentally healthy, and eating a variety of different colours every day means you'll get a good range of nutrients.

Make sure you're getting the right fats. Your brain needs healthy fats to keep working well. Think olive oil, rapeseed oil, nuts, seeds, oily fish, avocados, milk and eggs.

Include some protein with every meal. It contains an amino acid that your brain uses to help regulate your mood. Protein-rich foods include lean meat, fish, eggs, cheese, legumes like peas, beans and lentils, nuts and seeds.

Look after your gut health. Your gut can reflect how you're feeling: it can speed up or slow down if you're stressed. Healthy gut food includes fibre-rich foods like fruit, vegetables and wholegrains and live yoghurts that include probiotics.

Cut down on the caffeine and alcohol. It can cause sleep problems, and some people find it makes them depressed, irritable and anxious. Caffeine is found in coffee, tea, cola, energy drinks and chocolate.

Also see :

Mental wellbeing and nutrition | Anxiety NZ

For official healthy eating guidelines, see the:

Ministry of Health's recommendations [here](#).

and:

Eating well for mood & wellbeing

(healthinfo.org.nz)

Heart Foundation NZ



Manual Handling

Manual handling is present across all ANZCO operations and is a process we carry out every day. Here's a reminder of some basic principles to remember when doing manual handling tasks:

- Stand reasonably close to the load, feet hip-width apart with one foot slightly forward pointing in the direction going forward.
- Knees should be bent while maintaining good posture.
- Get a secure grip on the load and use handles if provided.
- Breathe in before commencing the lift.
- Carry out the lift smoothly using the legs to take the strain, keeping the back straight, chin up, and arms close to the body.
- Step off in the direction the advanced foot is pointing, keeping the load close to the body.
- If necessary, stop for rests.
- Steer clear of sudden, jerking, or twisting movements to protect your back and body from unnecessary strain.



Foodbank Donation Drive

A huge thank you from the WorkWell team to staff and the union who all donated so generously to the St Vincent de Paul foodbank for Christmas.



Congratulations to the lucky winner of the prize draw – Murray Van Asperen (Fellmongery), who chose a new barbeque to enjoy for the summer!



Vitae is ANZCO's employee assistance service provider offering confidential counselling at no cost to all employees, and their immediate families.

Freephone 0508 664 981 (24/7) or visit www.vitae.co.nz



Tangata Atumotu Trust

Bale and Percy from the Tangata Atumotu Trust will trial visits to the Canterbury break rooms in the New Year, offering stop smoking/vaping advice and other support. If successful it's hoped the visits will be extended to Rakaia and Ashcold sites. <https://www.tat.org.nz>



NOT ABLE TO COME TO WORK?

You need to notify work **before** your shift start time.

Tell Operator:

- Your name and contact phone number.
- Department, supervisor and the site you work at.
- Reason for absence.
- When you expect to be back to work.
- Other details as required.

0800 RUNGIN • 0800 786446