



Wellness on the Go

Supporting health, safety, and wellness at ANZCO Foods Canterbury, Rakaia, and Ashcold
Issue 11 | July 2026

This is my first message to our WorkWell Wellness on the Go newsletter, and a great opportunity to introduce myself to the wider team who I may not have met yet.

I'm Shane. I have 32 years of meat industry experience, which began in New Zealand. My experience covers a variety of tasks, roles, and study which have provided many great opportunities to live and work on three continents and see many countries and cultures.



I am very grateful to the meat industry we work in, and I feel lucky that this opportunity opened up, and my family and I were able to return to New Zealand. I started as the Canterbury Site Manager in January and it's a privilege to work alongside the amazing team here.

As I've visited different areas around site, I've been initiating one-on-one safety conversations with staff. It's important to me that people feel happy, safe, and comfortable to come to work, and I've found these conversations are a great way for people to feel safe and comfortable in raising concerns. Feel free to have a chat if you see me around site.

2026 has already seen many achievements including our first-ever Lost Time Injury-free months being recorded in January and June. We celebrated January's record with a site-wide barbeque and we look forward to celebrating June's record soon.

We've also achieved our Silver Work Well accreditation and are working towards Gold, with two great initiatives accomplished so far:

- Breastfeeding-friendly guidelines – providing support to employees returning from parental leave
- The inaugural PrimeFit health programme

We're continuing health checks for staff including blood glucose, blood pressure, and gout awareness.

As we move into the next few months and closer to Christmas, we still have much to do and we look forward to working together and planning our next WorkWell Family Fun Day in 2027.

Shane Kidd
Canterbury Site Manager

Congratulations!

We have achieved our WorkWell Silver accreditation!



Over the past 18 months we have strengthened staff health, safety and wellbeing through a range of initiatives, including:

- Fun and Wellness Day for staff and families
- 2025 staff survey and PrimeFit health programme
- On-site health clinics, flu vaccinations, smoking cessation support, and gout awareness
- MoleMap discounts, sunscreen, hats and healthier vending options
- Breastfeeding-friendly guidelines

As the largest private employer in Mid Canterbury, ANZCO Foods Canterbury's Silver accreditation is a significant achievement, supporting not only our workplace, but also our homes and wider community.

With Gold accreditation in our sights, our five priority wellbeing areas remain part of our everyday conversations.

WorkWell's support will help us keep building on this progress, with more great things to come.

As always, if you have ideas to support staff health, safety and wellbeing, talk to the team, use a suggestion box, or email:

canterburynurses@anzcofoods.com



Working better through wellbeing
www.workwell.health.nz

PrimeFit

Fitter for life



The ANZCO Foods Canterbury WorkWell team was proud to launch the pilot PrimeFit programme this year in conjunction with EA Networks Centre (EANC), and with the full backing of the Canterbury management team.

Applications were open to any Canterbury, Rakaia or Ashcold employee wanting to improve their fitness, and perhaps lose weight, build healthy habits and generally feel stronger in themselves. The three-month programme was fully funded by ANZCO and gave participants full access to the EA Networks Centre along with support from the EANC staff.

It was an exceptionally difficult selection process as everyone had equally personal reasons for applying and to work on their health, fitness and wellbeing, however, from more than 30 keen applicants, 10 were invited to join the inaugural programme.



The ten pilot programme participants, from left: Shontinelle Daji, Senitiki Cakau, Mike Lawson, Katarina Teror, Chris Poole, Mose Apineru, Renee Marshall, Mike Wilson, Pieter Van Eeden, and Andrew McCartney.

After initial health assessments were completed, the EANC team created personalised exercise programmes for each member of the PrimeFit group, along with guidance on correct techniques and regular wellbeing check-ins. Weekly emails from EANC came with encouragement, along with nutrition and fitness tips such as 'Consistency beats Intensity' (just show up regularly, it doesn't mean having to train hard every session), and how to build a balanced plate for healthy eating.

While everyone had their own goals and workouts to follow, the participants developed a support group with each other, and many also became keen to do other things like going for regular walks and arranging other activities with family or friends.

Participants found the programme very good value and were appreciative of the support EANC and ANZCO Foods Canterbury gave them.

The EANC team was impressed with the dedication of the group and say the participants who completed their assessments achieved positive results, and that it was great to see the progress they made throughout the programme.

Stan's story



For seasonal workers arriving from the Pacific Islands, adjusting to a new country and demanding shift work is a major commitment. But for Senitiki (Stan) Cakau – a Fijian/Tongan seasonal worker in the ANZCO Foods Canterbury Coldstore department, this season brought the life-changing opportunity to participate in the PrimeFit pilot programme at the EA Networks Centre.

When Stan applied to join the programme, his goals were to reduce health risks, improve his fitness, explore bodybuilding, and stay fit, but most importantly, to lower his blood pressure. What Stan didn't expect was how quickly he'd progress once he started.

Stan initially found it wasn't easy to balance his work schedule with early morning workouts and he needed a shift in mindset to push through discomfort. But he knew the outcome would be good, and that he needed to be consistent to get the results he wanted. That dedication quickly paid off and Stan found his initial fatigue turned into a source of energy. Getting to be active gave him drive – the more active and healthier he became, the happier he felt, and he was more energised at work too.

When doubts crept in during the three-month programme, the trainers at the EA Networks Centre were there to guide him. At times, he wondered whether exercising had an effect, especially when he was feeling fatigued, but the trainers reminded him that when it feels painful, that's when the muscles are growing. The trainers also showed him a few tricks to recover faster.

He also learned about nutrition. After his first assessment, trainers noticed he had a habit of drinking juice during recovery breaks and they advised him to swap it for water and decrease his salt intake. By his third assessment, Stan saw a drop in his blood pressure.

While Stan enjoyed using the pool, weights, and doing circuit training, it was the 'Revolution' sessions that really stood out for him. These high-energy classes comprise short, high-intensity bursts of energy. Those really got him moving and he found even after just two circuits he was exhausted – but they were definitely a highlight.

Having the financial backing and encouragement from his employer has made a profound impact on Stan's sense of belonging. ANZCO opened the doors for Stan to work in New Zealand, and now ANZCO's support in helping him look after his health makes him feel like a valued member of the team and feel more at home in New Zealand.

"Getting to be active, like I could feel healthier than before, gave me drive. My mood improved because of being active and healthy. I was feeling more energised at work."

In Pacific Island culture, success is rarely a solitary journey – it's something to be shared. After seeing his own positive results, Stan encouraged those around him, including two of his workmates who he lives with, to go to the gym, and to start playing rugby this season. Sharing stories is part of Islanders' culture to help each other grow, and Stan considers himself lucky to be able to help others with their own fitness journeys.

Looking ahead, Stan is eager to be an ambassador for similar future programmes. He wants people to know about the benefits – that if he can do it, anyone can. Though the official three-month PrimeFit pilot programme has now finished, Stan has continued the regular exercise, saying it's become a habit – he wakes up each morning ready to go to the gym.

During the off-season when he's back home in Fiji, Stan has a strict plan to maintain his progress and lead by example. In Fiji he's self-employed, so he can exercise when it suits him. He's looking forward to leading by example and encouraging his employees with a healthy, fitness-oriented lifestyle and reminding them it's a good opportunity to start when they're younger.

Reflecting on the programme, Stan says he can't believe the results he's seen in a short amount of time – his programme was one hour a day, three days a week, for three months. Once he saw his results, Stan committed to continuing his fitness journey and says he'll never stop.



Gout

Gout is a type of arthritis caused by high uric acid levels. A gout attack is when the uric acid turns into sharp crystals that damage your joints.

After a gout attack, pain goes away but crystals are still there, and can continue to damage joints. Taking medication helps the crystals dissolve.

Five facts about gout

- Gout isn't your fault
- 90% of uric acid in your body is caused by genetics – only 10% is caused by what you eat
- Most Maori and Pacific peoples have genes which stop them getting rid of uric acid
- The only way to get rid of the crystals is to take medicine every day
- Without treatment, crystals can permanently damage your joints and kidney

Gout study

Open invitation to Canterbury, Ashcold, and Rakaia employees

Is painful gout affecting your life? Does your gout stop you from:

- Going to work
- Playing sports
- Spending time with family
- Going to church
- Enjoying your hobbies

Good news – a research study run by the University of Otago will help you get on the right dose of gout medicine (allopurinol) to help manage the impact of gout.

What happens in the study?

- A research team of nurses and doctors will work with you for 12 months to get you on the right dose of the gout medicine allopurinol.
- The research team will come to ANZCO and see you at work about every three months.
- All visits and medicines are free.
- At the end of 12 months the research team will tell your family doctor/GP what dose of allopurinol you are on so your family doctor/GP can keep on prescribing allopurinol for you.

Interested in taking part in the study? Here's how to get started:

Contact the ANZCO Foods Canterbury site nurses:

- **Phone** 03 302 7721
- **Email** canterburynurses@anzcofoods.com

OR you can contact the research team and say you want to join the study:

- **Phone or text** 021 0849 6753
- **Email** rheum.research@cdhb.health.nz

The research team looks forward to meeting you.



The research team, from left: Suli Tuitape (nurse), Dr Lisa Stamp, Jill Drake (nurse), Julia Muir (researcher) & Janine Haslett (nurse).

Winter Wellness

Preventing the spread of illness

If you feel sick, stay home to rest up and prevent spreading germs to others. Make sure you tell other people you're at home. For online advice go to [health.govt.nz](https://www.health.govt.nz). You can also find advice on [whether your child is well enough to go to school here](#).

When you are sick, it's especially important to stay away from people who could get very sick from winter illnesses, including babies, those who are pregnant, people aged over 65 years, and others with a weak immune system. This includes avoiding visiting friends and family in hospital or rest homes until you're well again.

Keeping your hands clean prevents the spread of germs and viruses. Regularly wash your hands with soap and water or use an alcohol-based sanitiser. This is especially important if you're visiting people who are more likely to get sick.

To further reduce the spread of infectious disease:

- Cover your mouth and nose with a tissue when you cough or sneeze, then put the tissue in a bin and wash your hands.
- If you don't have a tissue, cough or sneeze into your elbow.
- Wear a mask to lower the risk of spreading infectious illness through the air.
- Clean frequently touched surfaces like light switches and door handles, with household cleaner regularly.
- Let fresh air inside by opening windows and doors several times a day. If you're in a building with a ventilation system, check it's filtering or cleaning the air efficiently.

ANZCO offers free confidential counselling to our employees and their immediate families in times of need. Speak to a qualified counsellor at Vitae, either face-to-face, by telephone, or by Zoom video.

Contact or book with Vitae:

Freephone **0508 664 981** (available 24/7)

www.vitae.co.nz

Email: assistance@vitae.co.nz

Download the app by searching for Vitae NZ on iOS or Android.



Site health visits

A successful health promotion day was held on-site in May, with Tangata Atumotu Trust (TAT), Waitaha Health, Te Whatu Ora, He Waka Tapu and ACADS in attendance. This coincided with SmokeFree Day.

TAT also visits the ANZCO Foods Canterbury site monthly for health checks, talking with staff, understanding their needs and concerns, and providing support where needed.

He Waka Tapu held a successful on-site HPV screening clinic in June, which was greatly appreciated by those who attended. He Waka Tapu looks forward to offering more clinics on-site in future.

In the photo: Site Nurse Andrea Kinley and Peter Florian (LFP L1) who won a \$50 MTA voucher on the day



Breastfeeding guidelines

ANZCO Foods Canterbury is supporting parents returning from parental leave by formalising Breastmilk Expression Guidelines for our site. Staff can now express milk at work, with suitable facilities and breaks provided.

This supports Breastfeeding, one of our Priority Wellbeing Areas under Silver accreditation.

For more information, contact the nurses.

Two Lost Time Injury-free months this year!

The Canterbury site has recorded two LTI-free months so far this year in January and June – a result of everyone's outstanding hard work and commitment, and something we can all be proud of. An LTI is a work-related injury or illness that prevents an employee from returning to work and performing their regular duties, for at least one full shift following the day the incident occurred.

ANZCO's health and safety commitment is simple: everyone should go home safe and well each day. Tracking LTIs helps us learn, improve, keep safety front of mind, strengthen accountability, and support compliance and transparency. Most importantly, it reflects our focus on the wellbeing of every person on-site.

ANZCO Foods Canterbury, Rakaia, and Ashcold Health & Safety Governance Committee mission statement:

By listening to and respecting our people we will create a safe family work and cultural environment, so we all go home safe and well.

Shared Food Day – Thursday 23 July

Morning shift: second break. **Afternoon shift:** first break.

Place: LSB and Beef breakrooms simultaneously.

Bring a plate of finger food and small bites to share at break time – celebrating your culture or your favourite dish. Everyone is welcome – come share, connect, and celebrate the diversity on our site!



Competition

Send us your winter warmer one pot recipe and win!

The only criteria is it must be a complete dish prepared mainly using a single cooking vessel – think slow cooker, pressure cooker, steamer, sauté, or wok. You may use a combination of methods to prepare ingredients (like frying onions or roasting vegetables), but the recipe must be finished in one pot or dish.

This recipe can be anything – stews, curries, casseroles, stir fries, rice dishes, bakes, soups, hash, desserts and puddings, or cakes.

What you could win

- Produce Pals vouchers from Ashburton's premier fruit and vege shop
- ANZCO Foods meat packs

Winners will be drawn at random for first, second and third place.

How to enter:

- Send your entry to Canterbury.Newsletter@anzcofoods.com or scan the QR code.
- There's no limit on number of entries, the more the better! But please only include one recipe per entry.

There's more – bonus entries!

You'll get bonus entries into the draw if you include photos – send a photo of your dish and another one of you, or your family or friends enjoying the meal, and get extra chances to win!

Entries close Sunday 16 August.



Family Health and Wellness Day

We're thrilled to announce that our next Family Health & Wellness Day is scheduled for March 2027.

0800 RUNGIN
0800 7 8 6 4 4 6



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 which site plant.
- Reason.
- When you expect to be back to work.
- Other details as required.