



Health Happens in the Workplace: Meal Planning Help Employees Get Healthy and Save Money

MealEasy.com, introduces a new corporate wellness program to improve the overall health of employees while at the same time reducing the cost of groceries and health care.

Halifax, Nova Scotia, Canada ([PRWEB](#)) January 21, 2014 -- In their quest to make eating healthy meals more effortless, [MealEasy.com](#) announces a new corporate meal-planning and management solution to businesses in North America.

“These days, many corporations have a mandate to help employees lead a healthy lifestyle by including gym memberships and healthy nutrition offerings in their total wellness benefit packages,” said George Borovan ([MealEasy/Noviden Technologies](#) CEO). “MealEasy focuses on sensible healthy living to help busy working people eat healthier.”

Wellness programs have shown to cut health costs, reduce employee absenteeism and improve productivity thus potentially saving millions to businesses.

A U.S. study published in Health Affairs found that employees who participated in the disease prevention and lifestyle management program saw significant savings on health costs.

Of the 67,000 employees who participated, overall, there was a 29 percent reduction in hospital admissions and \$160 in savings per month among its participants.

“Lifestyle management programs are designed to help people adopt a healthier lifestyle,” said Borovan. “And, health begins with the foods you eat.”

Borovan believes that corporate wellness programs could benefit from the education and meal planning that MealEasy provides.

The benefits of meal planning include: eating nutritionally balanced meals, eating out less, avoiding the harmful ingredients found in many prepackaged foods, saving money on groceries, and the ease of sticking to a more regimented diet.

“Whether your meal choices support weight loss, diabetes, heart health, or balanced wellness, MealEasy makes healthier eating far easier,” said Borovan. “If you invest 15 minutes in meal planning, you’ll save so much time and aggravation during the week.”

MealEasy uses the latest technology to provide users with delicious “chef tested” recipes, quick preparation guides, calorie and nutrition values, smart shopping lists labels, lists, and more.

[MealEasy.com](#) (a brand of [Noviden Technologies](#)) is a family business owned and operated by George and Brent Borovan.



Since 2005, MealEasy.com has been on a mission to help and educate people about the foods they eat. They collaborate with health professionals and nutritional experts to ensure that nutritional guidelines are followed.

Much more than a recipe site, MealEasy will help you plan, shop and prepare deliciously healthy meals. All recipes are prepared by a certified chef and have been tested inside the MealEasy kitchen.

Users enjoy unrestricted use of the meal planner, automatic grocery list generator and an uncluttered advertisement free web application.

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