



18 Reasons Success Story

18 Reasons is a San Francisco based organization that believes in “empowering your discovery of GOOD FOOD.” They provide Cooking Matters classes around the SF Bay Area at no cost to eligible participants. With a staff of only 11, they host and teach up to 3000 participants annually. This year, 18 Reasons, embarked upon adopting and implementing Work-site Wellness Policies including; 100% Healthy Beverages, Physical Activity and Healthy Food policies.

Although 18 Reasons was already an advocate of wellness, staff have been excited to talk more about how to add wellness to their everyday staff meetings and life in the office. In fact, Sarah Nelson, the Executive Director, notes, “The staff have been enthusiastic about walking and exercising together, as well as finding new ways to address sugar sweetened beverages and exercise in our classes.” Additionally, Jessie shares that, “[She] has been leading squat breaks in the afternoon that gets the whole staff up and moving.”

Congrats to 18 Reasons for bringing wellness to their staff and clients!