

Healthy Eating Week takes place from 14th – 18th June. The theme for this year's campaign is "Find Your Healthier You". The week is run by the British Nutrition Foundation and the campaign encourages everyone to reflect on their lifestyles and look to make improvements to enhance their own health and wellbeing – particularly around what they eat and drink. 'Find Your Healthier You' is supported by five themes across the week.

To support Healthy Eating Week, the Health Promotion Service has organised a number of drop-in sessions on MS Teams throughout the week to support workers and practitioners in Fife. These sessions aim to provide more information about the campaign, ideas and tips on how to make healthier choices and planning for success.

Monday 14th June – 10:30am

Healthy Eating Week - Know the facts ([Click here to join](#))
Theme – Know the facts

Confused about what constitutes a healthy diet, is it ok to eat bread? Are sweeteners ok?

This session will focus on the basics of eating well, busting some of the myths that are out there and offering practical advice as to how you can promote eating well in the workplace

1pm – Find your healthier you webinar ([Click here to join](#))

Tuesday 15th June – 1pm

Healthy Eating Week - Make a healthier choice ([Click here to join](#))
Theme – Make a healthier choice

What constitutes a healthy choice? What can help me make better choices? How to get portion wise...

This session will give hints and tips to enable you to make better choices, including looking at how to decipher food labels and information around what is a portion.

Wednesday 16th June 3pm

Healthy Eating Week - Plan for success ([Click here to join](#))
Theme – Plan for Success

It's all down to good planning – make eating well part of your daily routine – small changes make big benefits

This session will give you ideas on planning, ideas on food swops, setting goals and tracking your progress.