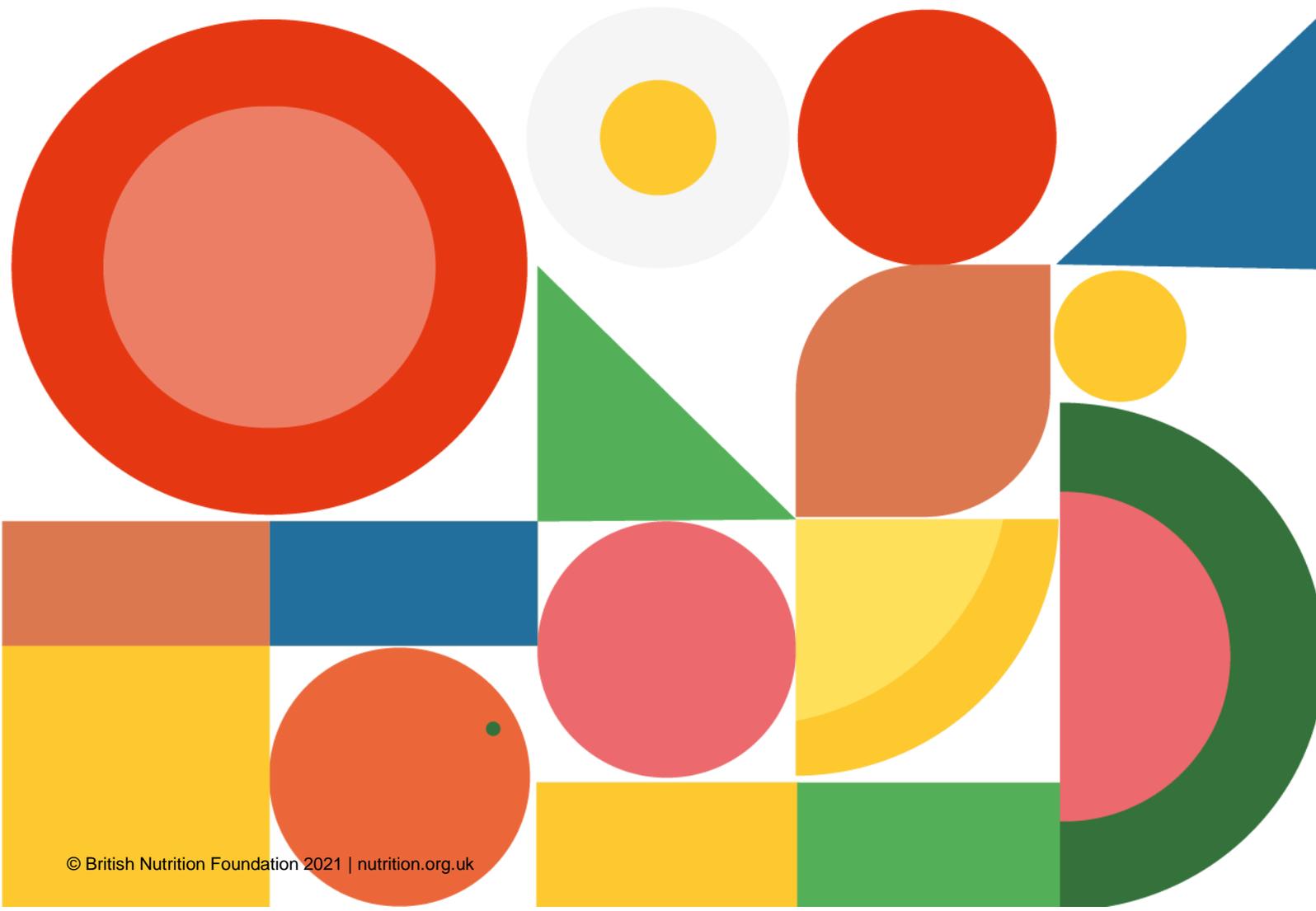


# Healthy Eating Week

Find your **healthier** you

*For employers and employees*



# Welcome to the week

The **British Nutrition Foundation's** Healthy Eating Week is all about '*Find your healthier you*'. We are encouraging 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. There's no 'one size fits all' approach – so we are providing information and tools to help tailor healthier eating for you, your family and friends.

This guide provides inspiration around what you can do in the workplace – whether that's in an office or factory, or working from home. There's a number of activity ideas, as well as lots of links to supporting information and guidance. There are also some suggestions to 'keep it going' in the longer term.

**'Find your healthier you'** is supported by five themes across the week:

- Know the facts;
- Make a healthier choice;
- Plan for success;
- Be the chef;
- Keep moving.

On pages 3 to 7, you'll find a range of activities and links to information to help you create your very own Healthy Eating Week.

## Get organised for the week!

- Put the date in the work calendar – 14 to 18 June 2021.
- Speak to the senior team and get them on-board.
- Book rooms or areas for any special activities.
- Order any special supplies!
- If you've staff working from home, book online meetings or plan email alerts.
- Invite guest speakers, such as a nutritionist or yoga teacher.
- Show the [Find your healthier you presentation](#) to introduce the Week.
- Download the [trackers](#) and [posters](#) for the week.
- Let staff know about the week – and get ideas from them too!

# Monday: Know the facts

We're focusing on the basics of healthy eating, busting the myths and giving practical advice. It's all based on the latest evidence, to help you make a difference.

## Quick wins

- Send an email to staff about how they can *Know the facts*. Use the information and links below.
- Get staff to take the [healthy eating quiz](#), to see where they need to improve. Share the [Find your healthier you tracker](#) for the week.
- Display the [Know the facts poster](#) in your workplace and send it to staff through your communication channels.
- Share and show the [Know the facts video](#).
- Use the [Healthy Eating Week Teams/Zoom background](#) in meetings, helping to raise the profile of the week. Share the background with staff.
- Let staff know about the live [Find your healthier you webinar](#) at 1pm, Monday 14 June.

## Activities and ideas

Here's what you and your staff can do to *Know the facts*.

### Eat well – Choose a wide range of healthier foods in the right proportions

The UK healthy eating model is called the Eatwell Guide – it shows the balance and variety of foods that make up a healthy diet – you can find out more [here](#).

- Learn about what makes up a healthy, balanced diet and use this information to plan your meals – [click here](#). Find out more about the UK's healthy eating guide - [click here](#). There's a [video](#) too.
- Print and display the [Eatwell Guide poster](#) in your workplace - it shows the balance and variety of foods that we need to have.
- Staff may have heard about the importance of immunity during COVID. Why not share these [guides to nutrition and immunity](#)?

### Drink plenty - Have at least 6-8 drinks a day

It's important that we have around 6-8 drinks a day.

- Display this [healthy hydration guide for adults](#) – and encourage staff to reflect on the number and type of drinks they have in a day.
- Where possible, set up 'hydration stations' for staff. Provide jugs of chilled water with infusion options such as slices of cucumber, lemon wedges and mint leaves.
- Provide staff with a printed or electronic copies of [these trackers](#) and challenge them to record the number and type of drinks they have and look at changes or swaps they could make, e.g. having a sugar-free drink.
- Focus on alcohol and drinking – share this factsheets on [the health effects of alcohol](#).

### Increase your fibre - Make sure you get your 5 A DAY and eat more wholegrains

- Challenge staff to have at least their 5 A DAY and a wholegrain each day!
- Fun way to fibre – put the [fun way to fibre poster](#) up in the kitchen/tea room to help teach staff how to make healthier swaps with fibre.
- Learn about ways to have 5 A DAY and wholegrains as snack, and make healthier choices by reading through the [Healthier snacking webpage](#). You could offer healthier snacking options for free in the staff canteen, set up a fruit bowl in the kitchen or encourage staff working at home to have healthy snacks prepared for their working day.

# Tuesday: Make a healthier choice

Tips and tools are shared to help you make better choices. From reading food labels and getting to grips with portion sizes, there's a range of handy pointers to help you on your journey.

## Quick wins

- Send an email to staff about how they can make healthier choices. Use the information and links below.
- Display the [Make a healthier choice poster](#) in your workplace and send it to staff through your communication channels.
- Share and show the [Make a healthier choice video](#).

## Activities and ideas

Here's what you and your staff could do to *Make a healthier choice*.

### Read the label - Compare nutrition labels to make healthier choices

- [Looking at nutrition labels](#) – share this guide with staff to help understanding of nutrition information on food labels and help staff make healthy choices next time they're shopping.
- [Food labels](#) – learn how to make healthier choices by looking at food labels by reading through this information before you go shopping. You could put the infographic up for staff to see in the workplace or share via email.
- Collect or photograph food labels and challenge staff to identify healthier options – remember on the front of pack to look for greens and ambers.

### Get portion wise - Choose the right size portion for you

- [Get portion wise](#) – Learn more about the importance of portion sizes and take a look at our portion size lists, perfect to help adults plan their meals. If staff have young children at home, share the 5532 portion size for [preschool children](#) too!
- Challenge staff to think about their portion sizes by getting them to compare the portions they would normally eat compared with portion guidance on a packet. For example, they could pour breakfast cereal in a bowl and weigh the amount – then compare to portion stated on the cereal packet.
- Provide staff with the links to these useful flyers:
  - [Find your balance – 1 page guide](#);
  - [Find your balance booklet](#);
  - [Full portion size list](#).

### Make super swaps - Go for lower salt, fat and sugar options

- If food is offered at workplace, consider what information you provide on healthier options. Could you work with the caterer? If not, why not share the following tips with staff about [Healthy lunches](#), [snacks](#) and [healthier snacking while at home](#).
- [Quality calories](#) – it's not just how much we eat, the quality of our diet is so important, so you can use this resource to help your calories go further. You can share this resource, with the [quality calories on a budget resource](#), with staff via email to support!

# Wednesday: Plan for success

**Making a plan and keeping track of what you do can all help in changing your behaviour for the better. Small changes can result in big gains too when planning meals and snacks, and eating out – and perhaps also save the pennies.**

## Quick wins

- Send an email to staff about how they can plan for success. Use the information and links below.
- Display the [Plan for success poster](#) in your workplace and send it to staff through your communication channels.
- Share and show the [Plan for success video](#).

## Activities and ideas

Here's what you and your staff could do to *Plan for success*.

### Plan ahead - Make a food plan for the week and keep it varied

- Provide staff with the [Weekly meal planner](#) so they can plan what they will eat during the week and stick this up in their kitchen at home. You can share this [example 7 day meal planner](#) for support and inspiration.
- [Small changes, big gains](#) – learn about how behaviour change can support making healthier choices. Use this to plan to modify different aspects of your workplace to support healthier living, e.g. offer free fruit or have a 'hydration station' in your office.
- [Try, swap & change planner](#) – support staff to make a change by planning healthier life swaps and opting for changes they can stick too with the support of this planner.
- [Eat Well - behaviours to help](#) – get staff to set targets and work with buddies to make healthier changes to their lifestyle.
- [What about eating outside the home?](#) – now restaurants and coffee shops are open, make sure to opt for healthier options.

### Track your progress - Set goals and track how well you do!

- Display the [HEW trackers](#) in the workplace and encourage staff to fill out how well they are doing. Why not offer some healthy prizes for those who do well? There are also team [hydration](#), [5 A DAY](#) and [activity](#) trackers to support.
- [A family Eat well tracker](#) – get staff to stick on their fridge and work through with their families!
- Have kids? Why not get them to use the [Healthy Eating Week tracker](#) just for them?

### Change your normal - Small changes can help you achieve your goals

- If you normally provide biscuits in meetings, go for lower fat/sugar options, or swap to fruit.
- Getting lunch? Check the front of pack nutrition labels for those with mostly 'greens' and 'ambers'. It's also a chance to try something new!
- If your staff are coming into work, encourage active travel by setting up a walk or cycle to work scheme. If staff are working at home, encourage them to include a walk during their working day and to take regular breaks from sitting.

### Other considerations

- [Healthy eating on a budget](#) – check out these top tips on healthy eating on a budget. Take a look before you go shopping, and plan your meals!
- [QC on a budget](#) - use these budgeting tips and swaps to make healthy meals at a lower cost.

# Thursday: Be the chef

**Pulling together healthy eating know-how with practical cooking tips can help you make tasty, healthier dishes and meals. Healthier cooking tips will be given, with recipes and ideas for inspiration.**

## Quick wins

- Send an email to staff about how they can be the chef. Use the information below.
- Display the [Be the chef poster](#) in your workplace and send it to staff through your communication channels.
- Share and show the [Be the chef video](#).

## Activities and ideas

Here's what you and your staff could do to *Be the chef*.

### Get cooking - Encourage a love of cooking

- Circulate a recipe of the day/week and encourage staff to make it at home. Remember to encourage them to snap and share pictures – or set up a 'chef of the week' competition!
- If you can, get a chef to demonstrate some cooking skills to inspire staff or share a video.
- If you provide meals, get the cooks to put on something special to celebrate the week! If not, ask staff to share what they are having for lunch.

### Cook healthier - Make healthier meals by changing ingredients and the way you cook

- Share information with staff about how to modify meals to make them healthier. Some top tips could be making healthier swaps (e.g. go for wholegrain), swapping for reduced salt/fat/sugar versions, adding fruit and veg to meals, and/or changing the cooking method (e.g. grill or bake, don't fry).
- Check out our six healthier cooking videos – why not staff with staff?

### Be inspired - Use recipes and tips from friends, and share your success

- Challenge everyone to get creative and share recipes from around the world. They might be from different traditions, celebrations and religions, or somewhere that they've been on holiday! You could use a world map to plot the recipes.
- Get the team to make a promise to share a recipe or food skills with someone else to share the love of food and eating together. Food helps to bring us together and we can learn so much from others.
- Get everyone to share a family favourite recipe – it might have been 'handed down' though the family, or just something that everyone enjoys together. You could even create a recipe montage!
- Plan a 'virtual' team lunch! Set a theme and ask colleagues to bring food.

## Recipes

There's lots of places to find recipes. As a guide, look for recipes that have plenty of fruit and veg, don't add salt and use wholegrains. When serving, think about the right portion size. Here's are a few links to recipes available on our BNF Healthy Eating Week supporter sites, and from other sources:

- [BBC Good food](#)
- [BHF recipe finder](#)
- [Change for life recipes](#)
- [Food – a fact of life recipes](#)
- [Love potatoes](#)
- [Love pork](#)
- [Old El Paso](#)
- [Green Giant](#)
- [Simply been and lamb](#)
- [Waitrose recipe ideas](#)

# Friday: Keep moving

**It's not just about what you eat and drink. Moving more, by being active, has many benefits for health and is an important part of a healthier lifestyle.**

## Quick wins

- Send an email to staff about how they can keep moving. Use the information and links below.
- Display the [Keep moving poster](#) in your workplace and send it to staff through your communication channels.
- Share and show the [Keep moving video](#).

## Activities and ideas

Here's what you and your staff could *Keep moving*.

### Get active - Find ways to be more active everyday

- Arrange 'distanced' walking meetings if you are working in the office!
- As well as being active, it is also important that we reduce the amount of time being sedentary, such as sitting at a desk. Over time, sedentary behaviour can lead to weight gain and obesity, which can increase the risk of developing chronic diseases in adulthood such as heart disease, stroke, and type 2 diabetes. Encourage staff to get up and stretch once an hour - you could send an email or alert to remind everyone!
- **Everyday activity** - share this link to [Incorporating activity into daily life](#) to help your team find ways to move more!
- [Getting active together](#) – learn about the added benefits of getting active with others, and get inspired to try something new! Encourage staff to get active together as it may benefit both them and the team!

### Get on track - Follow the physical activity recommendations

- Recommendations for adults (19 - 64 years) are to be active for at least 150 minutes each week (moderate intensity), or have 75 minutes of vigorous activity a week. Plus, do muscle strengthening activities on two days or more each week.
- Trackers and diaries – use the [get active tracker](#) to help your team track their progress in completing the challenge. How many minutes did your staff do?
- Hourly movement challenge! Create a 2-minute set of movements to be completed by staff each hour (or two) during the Move more day! You could dedicate the moves for each hour to a certain part of the body or create a short routine for all the body and be repeat it each hour. Why not meet on a video call to do the movements together?
- Set up a lunchtime walk for staff to explore local area with colleagues by going on a power walk!

### Keep it fresh - Stay motivated by trying new ways to be active

- Invite a local instructor to run a yoga or Pilates class. This could be done virtually!
- Set employees a challenge to include more walking, running or cycling in their journey to work – or during breaks.
- Super stairs! Set a staff/team target number of stairs to be climbed in a day or over a week. Staff can pledge their contribution to the Super stairs target! Any staircase/steps can be used – in a house, in a block of flats, a local park!

### Keep it fresh - Stay motivated by trying new ways to be active

- If you love getting active and want to learn how what you eat can support activity, register for our online training course [Sport and exercise nutrition!](#)

# Beyond the week

## Keep it up!

Once the week is over, keep up the good work and use what you've learned and done. Celebrate the successes of your work colleagues – perhaps through giving a 'shout out' to exceptional employees, and highlighting the good work in newsletters. You could award the [BNF Healthy Eating Week certificate](#).

Consider what worked well and see if you can make this a normal part of everyday work. This might be display posters in an office to providing fruit – everything helps.

Here's some ideas to sustain *Find your healthier you*:

- Remind staff about the key messages from the week after a month. Who's kept up something new from the week?
- Ensure that the materials and links from the week are available throughout the year.
- Have a 'healthier you' section in newsletters, emails and alerts at work – give a top tip for everyone to try!
- Has planning and tracking helped? Then keep the [trackers](#) up in your workplace or encourage staff to keep them up at home.
- Create a staff recipe book! Get staff to add their favourite recipes to an online document where they can swap and share recipes.
- Plan for change! Get staff to vote for one positive change that was made in your workplace this Week. Select the winner and keep it up for the rest of the year!
- Make healthier nudges in the workplace to support healthier living moving forward. This could be keeping a fruit bowl in the kitchen, setting up a hydration station or starting an office walk at lunchtime.
- Keep it up! However, your team tackled the week's challenges, making healthier choices is always beneficial. So, keep up the focus on healthy living in the future. You could set up a display in your workplace where staff can share any healthy eating/activity motivation, ideas and information.

You'll also find lots of information and support at [www.nutrition.org.uk](http://www.nutrition.org.uk)

## Go the extra mile

- [Keeping well at home online course](#) – encourage colleagues and peers to go that extra mile and complete this free online course which includes tips and ideas of how to keep well at home.

## Other useful sources of information

### Healthy Eating

British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)

NHS Eat Well <https://www.nhs.uk/live-well/eat-well/>

Food Facts British Dietetic Association <https://www.bda.uk.com/food-health/food-facts.html>

Change 4 life Healthy Eating <https://www.nhs.uk/change4life>

British Heart Foundation <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating>

Diabetes UK <https://www.diabetes.org.uk/>

### Physical Activity

Change 4 life Activities <https://www.nhs.uk/change4life/activities>

Couch to 5K <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Get active with a disability <https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

Activity ideas for older adults <https://www.goldencarers.com/exercise/>

### Mental health and wellbeing

Every mind matters <https://www.nhs.uk/oneyou/every-mind-matters>

Mind <https://www.mind.org.uk/>

Charlie Waller Memorial Trust <https://charliewaller.org/>

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