

# British Nutrition Foundation's Healthy Eating Week 2024

Give it a go!

Planning guide



## Welcome to the British Nutrition Foundation's Healthy Eating Week 2024

This year's Healthy Eating Week will take place from 10-14 June. The main theme for the week is *Give it a go!* This planning guide provides information on what you could do during the Healthy Eating Week. However, you can use these resources throughout year to encourage healthy eating in the workplace.

### About this year's theme

This year, we are encouraging everyone to *Give it a go!* Our resources are based on the idea that making small, manageable changes around our daily themes can result in a healthier and more sustainable life.

Our daily themes are:

- Monday: **Get at least 5 A DAY**
- Tuesday: **Stay hydrated**
- Wednesday: **Move more**
- Thursday: **Focus on fibre**
- Friday: **Reduce food waste**

You could follow a different theme each day, using our resources to signpost your activities. Or you could pick one or more themes that work for you and plan your week around these.

We provide tips and help around our themes including recipes, further resources, and advice. All advice given is budget friendly and mindful of daily pressures, including the cost-of-living crisis. We also provide information on how to make daily living more sustainable but still healthy. Additionally, our information is evidence-based, scientific and impartial.

For more detailed information about a healthier and more sustainable diet, [visit our website](#).

## Short on time?

Our pack provides information about each of the Week's five themes and details of lots of activities and resources you can use. However, if you are short on time, here are some simple things you can do to promote healthier and more sustainable diets in your workplace during Healthy Eating Week.

You can download all of the resources mentioned in **bold** below, here:  
<https://www.nutrition.org.uk/healthy-eating-week/workplaces>

- Display the **Healthy Eating Week posters**.
- Share links to the **Healthy Eating Week recipes**
- **Supply foods or drinks for staff** to enjoy that raises awareness of the Week's themes, e.g., wholegrain breakfast or lunch options, fruit, and vegetables, a hydration station for water.
- Use our **communications pack** to send updates to colleagues and your networks.

## A little bit more time?

- **Share** one information resource each day of Healthy Eating Week on your intranet or internal communication board to engage your colleagues.
- **Plan a group daily activity** corresponding to the theme of the week such as a group exercise session, reduce waste challenges and our veg challenge. There are a lot more ideas and resources to choose from on the website.
- Ask your canteen or caterers to prepare some special dishes or snacks based on the Week's themes. They can use the **Healthy Eating Week icons** to signpost these or the **What's happening today? signs**, if they want to add some details about what is being served.
- Display the **What's happening this week?** poster to let colleagues know what you have planned for the week. You fill in the activity every day of the Healthy Eating Week with any specialised activity.

**Read on to find out about our themes and get inspired with the activities and resources for each day of Healthy Eating Week.**

# Themes

This section details the themes of the week and includes activities and resources that you can use to engage your workplace in Healthy Eating Week. Please note that items in bold are included in our resource pack.

## Day 1 – Get at least 5 portions of fruit and vegetables a day.

These can include frozen, dried canned and fresh versions of fruit and vegetables.

### Activities and resources

- ❖ Display the **5 A DAY poster**.
- ❖ Share a link to our **Fruit and vegetables inspiration sheet** for information and ideas to help you get your 5 A DAY.
- ❖ Display the **5 A DAY inspiration sheet** in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for getting more fruit and vegetables.
- ❖ Post the Get at least 5 A Day videos and pictures included in the **Healthy Eating Week social media pack** on your internal communication platforms and boards.
- ❖ Create a lucky dip of fruit and vegetables you think your colleagues may be less familiar with. Place the lucky dip box in your workplace and gather your colleagues to 'dip in' for a fruit or vegetable. You could challenge them to take this away, prepare a meal or dish with it and then report back about what they made.
- ❖ Challenge colleagues in teams to have at least 5 A DAY, over a day. The team should nominate a 'captain' to motivate their team and record the fruit and vegetables consumed on the Fruit and vegetable team tracker sheet. Team members could also share photos to show (prove!) what they have eaten. Hold a short 'count up' staff meeting the next day to compare how the teams got on. You may like to award colleagues **the Healthy Eating Week certificate** for participating, or you could award a fruit or vegetable goodie bag (see below).
- ❖ Create goody bags containing five different types of fruit and/or vegetables to be awarded as prizes for the teams who all manage to have at least 5 A DAY. If you have a lot of winning teams, you could put all the names of winners in a bag and just draw names for the number of goodie bags you have. You could include some canned or dried varieties as these count towards our 5 A DAY, last longer and to be cheaper than some fresh fruit and vegetables.

- ❖ Ask colleagues to bring in fruit or vegetables to create a giant, shared fruit bowl. Encourage everyone to tuck in during the day. Some fruit and veg could be chopped into bowls. Create a chilled bowl for sharing as well! Share photos of your staff fruit and veg bowl on twitter: @NutritionOrgUK #HEW24
- ❖ Ask your canteen or caterers to provide lots of menu options with plenty of fruit and vegetables. They can use the **Get at least 5 A DAY icon** or **What's happening today poster (either filled in or with space to fill in)** to signpost these for staff.

## Day 2 – Stay Hydrated.

Have about 6-8 drinks a day and choose reusable or recyclable drinks containers. Teas and coffees count towards hydration but try not to add sugar or syrups.

### Activities and resources

- ❖ Display the **Stay hydrated poster**.
- ❖ Share a link to our webpage with more information about staying hydrated and download our **Healthy hydration poster**.
- ❖ Display the **Stay hydrated inspiration sheet** in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for getting the recommended amount of water every day.
- ❖ Challenge your colleagues to the hydration challenge.
- ❖ Set up a Hydration station for your staff. Look at our **Hydration station sheet** for support and label your station with our **Hydration station sign**.
- ❖ Did you know there are apps which show where you can refill your water bottle when you are out and about? Why not find one of these and share it with your colleagues?
- ❖ Why not encourage your colleagues to use reusable drinks containers by providing them with a company branded reusable water bottle or coffee cup flask?

## Day 3 – Move More.

Be more active every day.

### Activities and Resources

- Display the **Move more poster**.
- Display the **Move more inspiration sheet** in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for getting the recommended amount of water every day.
- Use the **Move more badge** to mark spaces that colleges can walk to as milestones.
- Display the **Move more badge** at open spaces at the office where colleagues may feel safe to walk around for a chance to move more.
- Set up a group exercise class or set out time to do an activity such as a group walk or yoga session.
- Introduce bike to work schemes.
- Run a competition on how many steps taken/physical activity done throughout the day by getting staff to track steps on phones or other devices.
- Use our **communications pack** to post videos and photos on internal communication platforms or even external social media
- Use our **communications pack** to put messages in internal newsletters or internal communication platforms.

## Day 4 – Focus on Fibre.

Have more wholegrain foods, fruit and vegetables, beans, peas, and pulses.

### Activities and Resources

- Display the **Focus on fibre** poster.
- Display the **Focus on fibre inspiration sheet** in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for increasing fibre. You could email this, or put it on a shared area, for colleagues working from home.
- Use our **communication pack** to write messages in newsletters and internal communication forums
- Take a look at the **Fibre packed snack sheet** for ideas, and then set up a snack station for colleagues. Invite them to create a fibre filled snack (great for lunch too!).
- Share the **Fibre tracker sheet** to encourage colleagues to track how much fibre they have over a day.
- Plan a ‘fibre feast breakfast’ for colleagues. You could supply a selection of wholegrain cereals, wholegrain breads, and fruit, or set up a ‘make your own muesli bar’ - supplying oats, dried and fresh fruit, nuts, and seeds for colleagues to select.
- Challenge your catering staff to provide higher fibre menu options by for example swapping white for brown rice or white for wholewheat pasta in the canteen and use the **Focus on fibre badge** to signpost these options, or the **What’s happening today? signs**, if they want to add some details about what is being served.
- You may like to award colleagues the Healthy Eating Week certificate for participating in the Focus on fibre day. For example, did any colleagues use the Fibre tracker and manage to have their 30g of fibre today?



## Day 5 – Reduce Food waste.

Aim for the right amount when you shop, cook, and eat to avoid throwing food away.

### Activities and Resources

- ❖ Display the **Reduce food waste poster**.
- ❖ Share the **Reduce food waste inspiration sheet** in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for reducing food waste.
- ❖ Raise awareness of food waste by gathering your colleagues for a short food waste quiz! This can be in the office (use the **Food waste quiz sheet**) or virtually (use the **Food waste quiz presentation**).
- ❖ Share **The menu** and **Shopping planner sheet** with colleagues to help them plan their week's meals and reduce food waste.
- ❖ Do you have a food waste recycling bin at work? Great, but is everyone using it correctly? This week is a good time to remind colleagues what can and cannot be put in the food recycling.
- ❖ If you do not have food waste bin at work, take a look at your local council's website and find out how you organise food waste recycling at your workplace.