

Healthy
Workplaces

North
Somerset

EATING WELL AT WORK



FOR EMPLOYERS

WHY IS WORKPLACE NUTRITION IMPORTANT?

Diet can affect day-to-day productivity rates and performance. When blood sugars are low or fluctuate during the day, our concentration can be impeded. Eating a balanced diet and staying hydrated can improve energy levels and productivity throughout the workday.



Supporting the workforce to eat well is a win-win for companies, as it can improve health of both employees and business outcomes.

BENEFITS OF HEALTHY EATING AT WORK

Many of us consume about one third of our daily calories at work. People who do not eat regularly, eat a balanced diet or drink enough water throughout the workday may experience:

- headaches
- feel sluggish or tired
- difficulty concentrating

Diets based on vegetables, fruit and wholegrain starchy carbohydrates have been shown to reduce the risk of chronic diseases such as heart disease, stroke and some cancers. Creating a healthier food environment for employees can be an effective way of encouraging healthier eating.

HOW CAN AN EMPLOYER HELP?

The workplace can support healthy eating by:

- providing time and space for employees to eat their meals
- offering healthy foods in the cafeteria and vending machines
- providing refrigerators and microwaves so that meals can be stored and prepared appropriately

Workplaces can also get involved in food and nutrition interventions, such as breastfeeding support, and food and nutrition-focused courses.

Breastfeeding welcome workplaces



Where possible, become a Breastfeeding Welcome venue.

Signpost to information such as, "breastfeeding support after returning to work or study"

Food and nutrition courses



Include events or family days to introduce the new healthy eating initiatives.

Run courses on healthier cooking and nutrition courses.

Nutrition webinars

Share links to nutrition information. The British Nutrition Foundation offers a range of webinars on up-to-date and evidence-based nutrition information.

WHAT IS A HEALTHY DIET?

The exact make-up of a healthy diet can vary depending on a variety of factors, such as age, gender, lifestyle, cultural context, locally available foods, and dietary customs. However, the basic principles of a healthy diet remain the same.

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but it is a good idea to get the balance right over a day or even a week.

[Click here to see the Eatwell guide](#)



- EAT AT LEAST 5 PORTIONS OF A VARIETY OF FRUIT AND VEGETABLES EVERY DAY
- BASE MEALS ON POTATOES, BREAD, RICE, PASTA OR OTHER STARCHY CARBOHYDRATES; CHOOSE WHOLEGRAIN VERSIONS WHERE POSSIBLE
- HAVE SOME DAIRY OR DAIRY ALTERNATIVES (SUCH AS SOYA DRINKS); CHOOSING LOWER FAT AND LOWER SUGAR OPTIONS
- EAT SOME BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS (INCLUDING 2 PORTIONS OF FISH EVERY WEEK, ONE OF WHICH SHOULD BE OILY)
- DRINK 6-8 CUPS (150ML) OF WATER THROUGHOUT THE DAY.

STEPS FOR GETTING STARTED



- Understand the barriers to making healthier food choices in your workplace and involve your workforce in creating actions to overcome these challenges.
- Start a healthy workplaces committee/champion group
- Develop food-related goals/aims for the health champion or committee
- Decide how to monitor and what to monitor, for example, a simple pre and post survey can be an efficient way of monitoring your healthy eating initiatives
- Communicate your new actions and achievements on noticeboards, newsletters, social media platforms, etc.
- Start by creating easy access to healthier choices. Rather than banning certain types of products, introduce a variety of healthy options to create a choice.

HEALTHIER AND MORE SUSTAINABLE CATERING



GUIDANCE

Healthier and more sustainable catering –
guidance and toolkits



Healthier and more sustainable catering
Catering guidance that offers practical advice on how
to make catering affordable, healthier and more
sustainable.

TIPS

- Work with purchasing and/or catering managers to improve the offer of food and drink, and look at the wording and requirements in your contracts (particularly when re-tendering).
- Promote offers on meal deals etc on food which is considered a 'healthy option', and/or limit advertising of unhealthy options
- Develop a pricing policy to support healthier choices
- Where sugar-sweetened drinks are sold, make unsweetened, low and no-sugar options available.
- Ensure that onsite catering or vending includes healthy options and choices to meet a range of cultural and dietary requirements.
- Opt for food and drink with green/amber on the front of the pack, which means they contain low to medium levels of sugar, salt, and saturated fat.

Join Healthy Eating Campaigns

Sugar Smart



Sugar Smart support workplaces to raise awareness of the dangers of too much sugar. Take on some sugar smart actions such as going fizz free, introducing a 10p sugar levy to support the children's health fund', or simply promote water in your workplace.

Healthy Eating Week



The British Nutrition Foundation's Healthy Eating Week takes place in June every year.

Each day of the week often has different themes with resources available on each theme.

Provide healthier options at meetings



Encourage drink breaks and comfort breaks between meetings. If meetings or conferences last over 3 hours, make sure to provide some healthy snacks. For example, try carrot, celery, or cucumber sticks, fruit, breadsticks, be cautious of nut allergies but nuts, seeds and trail mixes are good options.

Provide spaces to sit and eat



It's important to have an area where employees can socialise, have a break, and eat without the distraction of work. Sometimes when we eat too quickly or eat when we are distracted, we don't register how much we've eaten.

Taking a break and moving away from our tasks when we eat can help us to slow down and enjoy our food.

CONTACT US

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