

HEALTHY WORK

Better Health at Work Award e-bulletin



Better Health
at Work Award

Focus on: Healthy Eating and Nutrition

When we're busy, a fast-food lunch or reaching for the donut tray is often the easy choice and unhealthy food is too often the quickest to grab on the go. Employers have a key role to play in ensuring employees have access to healthier food and drink options. Employers who proactively take steps to encourage healthier eating can help to support the wellbeing of their staff, helping to reduce sickness absence, boost mood and improve productivity.

Healthy eating in the workplace can be promoted by workplaces of all sizes, all year round:

- Educate and Share - eg. teach employees how to read food labels, share recipes
- Provide healthy options - stock staff rooms and vending machines with nutritious, under 100 calorie, snacks such as fruit, nuts and yogurt
- Promote hydration - provide water coolers and encourage the use of reusable bottles
- Facilitate healthy eating - offer an eating area that is clean and has a kettle, fridge, microwave to enable employees to bring their own healthy meals from home
- Healthy catering and meetings - work with caterers to offer healthy choices for meetings and other events
- Wellness policies - implement a healthy eating policy and promote national campaigns
- Support healthy challenges - organise fun challenges in the workplace to encourage healthy food choices eg. 'fruity Friday', 'hydration challenge' or 'salad week'
- Consider your shift workers and how their working pattern affects their eating habits, which in turn can affect their workplace health and wellbeing



1 in 4 people are undoing the benefits of healthy meals with unhealthy snacks, which increases the risk of strokes and cardiovascular disease.

| Each serving (150g) contains | | | | | |
|---|--------------------|--------------------------|-----------------------|---------------------|--|
| Energy 1046kJ 250kcal | Fat 3.0g LOW | Saturates 1.3g LOW | Sugars 34g HIGH | Salt 0.9g MED | |
| 13% | 4% | 7% | 38% | 15% | |
| of an adult's reference intake | | | | | |
| Typical values (as sold) per 100g/697kJ/167kcal | | | | | |

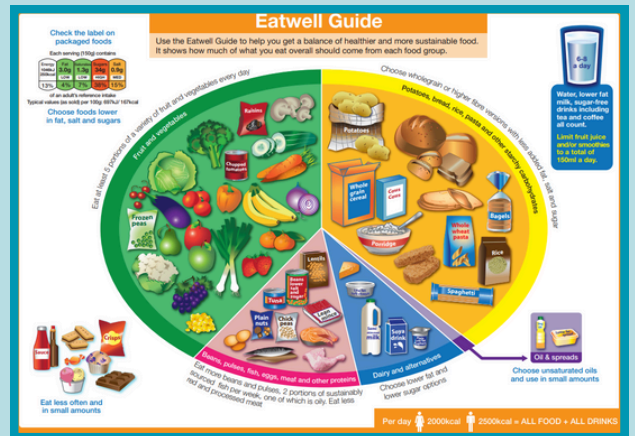
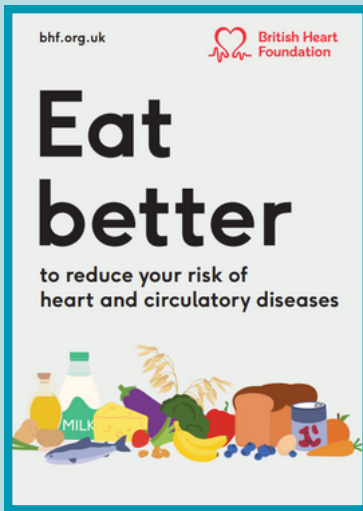
Snack-tember...

The British Nutrition Foundation have transformed healthy eating week to be a month long event - Snack-tember! The aim of Snack-tember is to help children and young people (aged 5-16 years) make and choose healthier, more sustainable snacks.

They provide information, activity ideas, recipes, posters and other exciting materials to help people explore their current snacking choices, and learn about, make and try new snack options! - Information and advice that can apply to anyone and everyone!



[Register](#) for Snack-tember to find out more



Click the images to find out more

Fruit and Vegetables...are you getting your 5 A Day?

Fruit and vegetables are a good source of vitamins and minerals and fibre, it's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced.

A portion is:

- 80g of fresh, canned or frozen fruit and vegetables
- 30g of dried fruit - which should be kept to mealtimes
- 150ml glass of fruit juice or smoothie - but do not have more than 1 portion a day as these drinks are sugary and can damage teeth



Eat the rainbow? Eating a variety of foods will help you get essential nutrients and, by doing so, you'll naturally embrace a broad colour palette. Fruits and vegetables are particularly colourful, so a rainbow plate can help you towards your 5-a-day. Plus, you're more likely to enjoy eating an attractive meal!

- [20 easy ways to get your 5-a-day.](#)
- [5-a-day portion sizes](#)
- [Why are fruits and vegetables so beneficial?](#)
- [How to eat more veg without even noticing!](#)



September & October Awareness 2025

- September: Urology Awareness Month 
- 1st-7th Sep: Snack-tember 
- 8th -14th Sep: Know Your Numbers Week 
- 10th Sep: World Suicide Prevention Day 
- 15th-21st Sep: UK National Inclusion Week 
- 26th Sep: MacMillan Coffee Morning 
- October: Stoptober 
- October: Sober for October 
- October: National Cholesterol Month 
- October: Breast Cancer Awareness Month 
- 7th-11th Oct: Back Care Awareness Week 
- 10th Oct: World Mental Health Day 
- 18th Oct: World Menopause Awareness Day 

Our next central Health Advocate Training sessions are:

September 9th 2025

Delivered in-person at the TUC offices in Newcastle City Centre

October 21st 2025

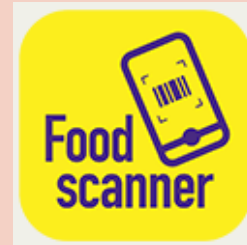
Delivered using Microsoft Teams

All sessions run 10.00am-2.30pm

Email Helen to request a place:
hparry@tuc.org.uk

You can also contact your local workplace health improvement specialist to check for any local availability

NHS Food Scanner app



Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop!

Support and Pre-Assessment Clinics 2025

These clinics offer 1 hour slots for businesses/organisations to discuss any issues they're having, get general information and steerage, or use them as a pre-assessment. They are an opportunity to access 1-2-1 support and tailored guidance with Susanne Nichol, BHAWA Coordinator.

Dates:

27 August
17 September

Timeslots:

10am-11am
11am-12noon
2pm-3pm
3pm-4pm



Next BHAWA Webinar - Save the Date!!

7th October 2025 10am - 12noon

Block it out in your diary. More details to follow soon!!

Please email Helen Parry hparry@tuc.org.uk to reserve a timeslot

- Places allocated as first come, first served

If you would like any more information about anything mentioned here, please email either Susanne Nichol snichol@tuc.org.uk or Helen Parry hparry@tuc.org.uk and we will get back to you as soon as possible.

TUC · 1st Floor, Unite House · John Dobson Street · Newcastle Upon Tyne, Tyne and Wear NE1 8TW · UK

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