

Our commitment to healthy eating

You said:

“A healthy body helps to maintain a healthy mind.”

“Fruity Friday brought the team together.”

“Having had the opportunity to try more fruit, it’s likely I’ll buy a wider range.”

“Be kind to your body and condition it with care, it has to last a lifetime!”

“I had no idea that it would be so easy to change.”

“When I’m dehydrated, I know I need to drink more.”

Encourage you to take a break and eat your lunch away from your desk.

Provide you with regular information on healthy eating.

Encourage you to stay hydrated throughout the day.

Provide healthy options for drinks, eg decaffeinated tea and coffee, skimmed and semi skimmed milk and water coolers.

Provide healthy options at events that we organise.

Continue healthy eating events on a regular basis such as Fruity Friday.

Our promise to support you in staying healthy

