

HEALTHY EATING WEEK – FOR EVERYONE!

Healthy
Eating
Week |  **Nutrition**
Foundation

Sodexo is proud to sponsor the British Nutrition Foundation's Healthy Eating Week, 12 - 16 June 2023. Using insights, our Chefs have created an exciting menu crammed with pupils' favourite dishes that celebrate the week's five messages and help us to connect the food we serve with fun, nutrition, education activities that encourage pupils to embrace a healthier future.

Monday



FOCUS ON FIBRE

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

Tuesday



GET AT LEAST 5 A DAY

Have at least 5 portions of a variety of fruit and vegetables every day.

Wednesday



VARY YOUR PROTEIN

Eat a wider variety of protein foods and choose plant protein sources more often.

Thursday



STAY HYDRATED

Have about 6-8 drinks a day and choose reusable or recyclable drinks containers.

Friday



REDUCE FOOD WASTE

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

Come join us! We have worked with the British Nutrition Foundation to connect our Healthy Eating Week menu with the fun classroom activities. To find out more talk to cook!


It all starts with the everyday

Shout out on social media and share photos showcasing your school's #HEW23 activities.

For more information about Healthy Eating Week, visit:
<https://www.nutrition.org.uk/healthy-eating-week/>