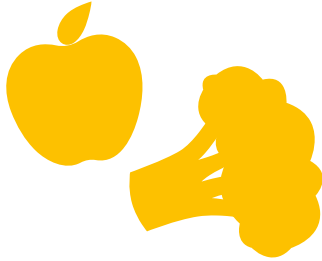


Healthy Eating Level 2

54.8% of adults eat **5 or more portions of fruit and vegetables** a day.



Workplace approaches are most effective when employers take a **whole person, whole system** approach to healthy eating.



Personal responsibility is important, but employers are able to make positive changes to the **workplace environment** that can help employees make healthier choices.



On average, obesity deprives an individual of an extra **9 years of life**.



Healthy Eating can **reduce the risk of chronic diseases** such as heart disease, stroke and some cancers.

Individuals consume a **third of their daily calories at work**, highlighting the potential for businesses to have a significantly positive impact on the diet and weight of their employees.



The cost of an **unhealthy workforce** to the UK taxpayer has been estimated at over **£60m pounds per year**.

64% of adults are either **overweight or obese**.



Obesity can also affect the productivity of a workplace; if someone is obese, their **health will generally be poorer**, and they will be more likely to suffer from issues such as back problems or sleep apnoea.



Healthy Eating Level 2: Criteria

Support and enable employees to make healthy eating and drinking choices.

Guidance:

- Organisations should create a positive environment for healthy food choices. This should be tailored to your organisations working arrangements/ locations and patterns.
- Where employees work 'on-site', organisations should:
 - » Review current provision for food and drink as well as the workplace environment/ facilities.
 - » Engage with employees and food providers (if relevant)
 - » Ensure healthy options are available and promoted
- Provision for food and drink may be from vending machines, canteens, restaurants or mobile catering etc.
- Where appropriate, this could include:
 - » Providing healthier options at meetings and events (including when using outside caterers)
 - » Developing a healthier culture to celebrate special events (e.g. birthdays)
 - » Offering free or discounted fruit
 - » Developing healthier menu choices
 - » Ensuring specific dietary requirements are catered for
 - » Including information about the nutritional content and marking healthy options
 - » Positioning of healthy options so that they are more accessible and visible
 - » Requesting healthy options from food vans visiting the business/ site
 - » Enhancing your approach to encouraging employees to make healthier food and drinks choices e.g. provision of information/ campaigns, events, healthy recipes, challenges.



Local/National Resources:

Healthy eating guidance
WCC healthy eating [webpage](#)
Better Health [webpage](#)
PHE [campaigns](#)
BITC physical activity, healthy eating and healthier weight [toolkit](#)
NHS eat well [website](#)
BHF health eating [information](#)
BDA [resources](#)
Diabetes UK healthy eating [information](#)
PHE healthier and more sustainable catering [toolkit](#) PHE work environments [guidance](#) e-LfH all our health obesity [course](#)

Healthy eating policy
WWW policy guidance [template](#)
BHF health at work policy [template](#)

Develop and implement a written healthy eating policy/ statement.

Guidance:

- Consider the culture, environment and support available when developing a healthy eating policy/ statement. Although personal responsibility is important, organisations can make positive changes that can help employees to make healthier choices.
- Ensure employees are engaged in the development and implementation of the policy/ statement
- Consider how you will ensure that employees are aware of the policy and that it is adhered to. Consider sending the policy to employees to sign when they have read it, including in induction/ handbooks, highlight it in job advertisements and letters of appointment
- Ensure the policy is reviewed regularly and kept up to date

