

Healthy Eating Week 2022

We are thrilled to announce that Edwards & Ward will be participating in Healthy Eating Week which takes place from 13th – 17th June.

What's it all about?

Healthy Eating Week is an annual event created by the [British Nutrition Foundation \(BNF\)](#).

It's a week to celebrate healthy living and to encourage people to make positive changes to their lifestyle.

Each year, the BNF release a new set of health aims; the message for this year's event is, '*Eat well for you and the planet!*'

Each day of the week has a different theme:

Monday - Focus on fibre, for meals and snacks

Tuesday - Get at least 5 A DAY, put plenty on your plate

Wednesday - Vary your protein, be more creative

Thursday - Stay hydrated, fill up from the tap

Friday - Reduce food waste, know your portions

Healthy Eating Week is a chance to get everyone focusing on having a healthier and more sustainable diet.

What are we doing in the kitchen?

We have made some small adjustments to our menu or included some added extras to support the themes for each day.

Monday - We've switched to wholegrain bread, rice and pasta

Tuesday - We've added some new, tasty salads to our salad bar and a fruit platter for pudding

Wednesday - We're giving everyone a chance to try a delicious alternative to a roast dinner in addition to their favourite.

Thursday - Try our range of fruit infused waters

Friday - Help us reduce waste by only choosing the foods you want

What else are we doing?

Supporting Learning

Our Nutritionist (with a little help from her 9-year-old daughter) has developed a factsheet or activity sheet for each day of the event, to support the theme for the day.

Monday - Focus on fibre wordsearch

Tuesday - Know your fruit & veg colouring sheet

Wednesday - Vary your protein crossword

Thursday - Stay hydrated factsheet

Friday - Reduce food waste fact sheet with a link to our secret banana muffin recipe.

These are aimed at primary school age children.

Animated Video

What is a Balanced Diet? - Developed and delivered by our Nutritionist, this 10-minute animated video provides an introduction to what makes up a healthy diet and why it is important.

<https://sho.co/1DHBQ>

Social Media

Our social media channels will be busy this week so follow us on Facebook and Twitter for more activities.

<https://www.facebook.com/edwardsandward>

<https://twitter.com/edwardsandward>

Get involved

Your operator will have everything you need to get involved in the in Healthy Eating Week.

We'd love to see what you've been up to!

Tag us on social media @ EdwardsandWard
or email your stories to social@edwardsandward.co.uk

Useful Links

Further resources are available at:

British Nutrition Foundation

<https://www.nutrition.org.uk/healthy-eating-week/>

Twinkl

<https://www.nutrition.org.uk/healthy-eating-week/resources/primary/classroom-resources/>

[https://www.twinkl.co.uk/event/healthy-eating-week-](https://www.twinkl.co.uk/event/healthy-eating-week-2022#:~:text=When%20is%20Healthy%20Eating%20Week,10th%20year%20of%20the%20event)

[2022#:~:text=When%20is%20Healthy%20Eating%20Week,10th%20year%20of%20the%20event](https://www.twinkl.co.uk/event/healthy-eating-week-2022#:~:text=When%20is%20Healthy%20Eating%20Week,10th%20year%20of%20the%20event)