

Eating healthily for the planet

BDA Work Ready shows which food and drink choices are a win-win for the environment and our health.



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Every stage of our food production system impacts the environment, from growing and harvesting, processing and packing, distribution, retail, cooking and eating, waste and recycling, and landfill. BDA Work Ready shows which food and drink choices are a win-win for the environment and our health.

This workshop starts with a myth busting quiz around sustainable diets and gives tips on food groups which support better nutrition, whilst providing top tips to encourage a sustainable diet for healthier working lives.

With a factsheet for all attendees to come away with top tips for eating healthily for the planet, this is a comprehensive – and – fun- intervention for employee engagement and wellbeing.

Discover how our experts can demonstrate to your workforce how food and drink choices help us feel and function well at work

(Price) £500 + VAT

Get in touch with the team today to find out more or to book a Work Ready dietitian for your organisation:

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