

Building a healthier workforce

How to help your workforce
make healthier food choices



The BDA Work Ready Programme offers a bespoke nutritional wellness programme tailored to your employees' needs.

Our research shows that healthier eating and drinking choices can help workers in construction and large engineering projects whose performance may involve:

- Consuming the right food and drink to aid focus and concentration and maintain safety.
- Dealing with limited facilities to prepare food.
- Coping with poor access to healthier choices in remote sites.
- Meeting high energy needs with healthy food, snacks and hydration.
- Coping with long shifts and early starts.
- Travelling long distances for work.
- Adequate nutrition whilst living away from home.

Choosing the right source of help and advice can sometimes be a confusing task. Many people provide nutritional services, yet most are not accredited professionals in the area. Dietitians are the 'Gold Standard' when it comes to nutrition and food professionals and through them you can be confident your workforce is receiving unbiased, up-to-date nutrition and diet information. Our programme has a 'pick and mix' approach meaning that you can choose the level of support required at the time that your staff need it.

For full details visit the website, or call us on 0121 200 8080.

bdaworkready.co.uk

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