

# A healthy workforce is good for business

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 retail and warehousing whose performance may involve:**

- Standing for long periods of time.
- Having pressured break times with limited time to eat and drink.
- Working in warm environments, with limited access to fluids.
- Using subsidised canteens, that offer limited or no healthy options.
- Coping with working different shift patterns.
- Motivating a workforce with high turnover.

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](http://bdaworkready.co.uk)**

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