

# A healthy workforce is good for staff morale and protecting the public

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 front line workers whose performance may involve:**

- Consuming the right food and drink to aid focus and concentration and maintain personal and public safety.
- Maintaining a healthy weight for demands of their role.
- Meeting high energy needs with healthy food, snacks and hydration.
- Coping despite limited or no access to healthier choices/vending.
- Working long and differing shift patterns.
- Having pressured or no break times with limited time to eat and drink.
- Surviving a high pressure environment.

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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