

Keeping Healthy Eating on the Agenda



Whether you're looking to kickstart your Healthy Eating Award or simply want to keep momentum going, we have a fantastic range of healthy eating resources and ideas for you to use!

A Step-by-Step Guide to Healthy Eating Events

1. **Set a date** - This could tie in with Heart Month or other campaigns
2. **Choose a theme** - This helps employees to concentrate on one healthy eating message
3. **Prepare menus** - Use themes / look for ideas for recipes - see irishheart.ie
4. **Advertise** to staff
5. **Organise materials** - Contact the Irish Heart Foundation for materials and leaflets
6. **Organise a calendar of events** - Try to arrange at least two major activities and a small incentive / motivation event each month. You could try a motivational talk, evening cookery demonstration, lunchtime in-house prizes/incentives, charity challenge or physical activity events
7. **Get Feedback** - Use the Irish Heart Foundation Staff Survey insert to gauge staff opinions



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What can we do?

1. 5 Day challenge

Set out challenges each day of the week in order to provide a daily focus, e.g. 'Meatless Monday', 'Try Something New Tuesday', 'Have a Healthy Breakfast Wednesday', or 'Five a Day Friday'.

2. Hydration station

Why not try putting out jugs of water with slices of lemon, lime, mint or orange. Tea and coffee are often the most popular choices but how about trying a range of different hot drinks like herbal, green or fruit teas.

3. Free fruit

Consider whether a bowl providing fruit will mean that staff are more likely to get their minimum of 5-7 a day.

4. Subsidise the healthy choices

You could trial a small 'healthy eating' subsidy to encourage staff to eat well.

5. Incentives

Why not try, for example, prizes for the winner of walking or skipping challenges, etc.

6. Nutrition themes

Monthly nutrition theme bulletins via e-mail, poster or video format can work well.

7. Health checks

The Irish Heart Foundation has been conducting Heart Health Checks in health care facilities and communities for over 35 years.

8. New recipes

Why not try some new heart healthy recipes to keep momentum going and keep healthy eating on the agenda. Visit www.irishheart.ie for ideas.

9. Grow it

Growing your own fruit, vegetables or herbs on site helps to spark interest in healthy eating, and adds to people's enjoyment of getting their 'five to seven a day'.

We'd love to hear about what you did and to share your experiences...

Email us at info@irishheart.ie or share and tag us on Facebook, Twitter or Instagram

