Promoting healthy eating at work: a guide for employers

This booklet is one in a series aimed at promoting health in the workplace. It outlines to employers the benefits of promoting healthy eating at work, what action can be taken, the range of healthier food options that can be provided in a canteen or by using external caterers, ways of promoting healthy eating among employees that do not have to be expensive or time consuming, and key steps for action.

Published
31 January 2014
Last reviewed
26 March 2014

Details

Format
8 page A5 booklet
Target group
Participating businesses, those working in the field of workplace health, and organisations interested in developing their own workplace health programmes

Downloads

Attachment	Size
Promoting Healthy Eating At Work 02_14.pdf	169.65 KB

Share this page

- Share by email
- Share on X
- Share on Facebook
- Share on LinkedIn
- Share on WhatsApp
- Download as PDF

Was this page useful?

Yes No

Thank you for your feedback.

Sorry to hear that. Tell us what went wrong.