



# 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.

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## 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
<a href="#">Promoting Healthy Eating At Work 02_14.pdf</a>	169.65 KB

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