

## HEALTHY EATING POLICY

### POLICY STATEMENT

As an organisation and employer, we believe that Healthy eating is essential for good health and contributes to the positive wellbeing of the individual. We believe that the workplace is an important setting in which people can increase their intake of healthy foods to benefit their health and protect against illness. Central to these principles, we believe that a healthy diet is of benefit to our employees and our business. We aim to promote a healthy diet amongst our workforce both through the food and snack options we provide in the workplace and encouragement toward healthy food purchases outside of the working environment. Although we have no control over the diets of our employee, we hope that the promotion of healthy food choices will have an influence on their lifestyles both inside and outside of work

### Aims

#### As an organisation we aim to:

- Support and encourage employees to make healthy eating choices through the promotion of good diets and through general health education
- Promote our healthy eating policy that raises awareness of the benefits of healthy eating
- Support individuals to improve their diet
- Enable access to fresh fruit and healthy options in the workplace
- To Successfully Implement This Policy We Will
- Link this policy to other policies that can have a positive impact on health and wellbeing
- Provide educational leaflets and resources on healthy eating
- Regularly review and promote this policy
- Link to local and national campaigns and organisations
- Hold healthy eating promotional events
- Promote 5 A-Day
- Encourage employees to make healthy eating choices through the use of promotional and motivational resources, e.g., encouraging employees to make healthy choices from the canteen menu.
- Provide access to water in all meeting and training rooms
- Remove barriers and enable employees to make healthy eating choices
- Increase access to healthy foods for shift workers by introducing healthy options in vending machines
- Encourage employees to eat meals away from their desks
- Provide information on local weight management groups
- Organise fruit and vegetable box delivery schemes
- Work with on-site caterers to trial more healthy choices

### Rotunda Policy Review Record

Reviewed by:	Approval date:	Review frequency:	Review date:	Signed:
Maxine Ennis	11 <sup>th</sup> May 2024	Annual	12 <sup>th</sup> May 2025	