

Welcome to the 10th anniversary of the **British Nutrition Foundation's Healthy Eating Week**

For the last 10 years, every June, the British Nutrition Foundation has hosted an annual event – **Healthy Eating Week** – through which we invite everyone to come together and get engaged in healthy eating. We create new, tailored resources for different age groups with the aim of supporting everyone who is interested to learn more about making informed food choices and developing healthy eating habits.

Since launching in 2013, the Week has received over 58,300 registrations from schools, nurseries and workplaces across the UK, with on average more than 5,600 school and nursery registrants in the UK each year. In 2021 alone, there were over 6,400 registrations for the Week, representing over 1.5 million participants!

This year we are celebrating Healthy Eating Week between **13 - 17 June 2022** and the key message for the Week is ***Eat well for you and the planet!*** with the five following daily themes:

- Monday: **Focus on fibre** - for meals and snacks
- Tuesday: **Get at least 5 A DAY** - put plenty on your plate
- Wednesday: **Vary your protein** - be more creative
- Thursday: **Stay hydrated** - fill up from the tap
- Friday: **Reduce food waste** - know your portions

The British Nutrition Foundation's Healthy Eating Week 2022 is supported by Tesco, Quorn Foods, Sodexo, AB Mauri UK & Ireland, Agriculture & Horticulture Development Board (AHDB), FDF Action on Fibre, General Mills, innocent drinks, Marks and Spencer plc, UK Flour Millers and Waitrose & Partners.

Who can get involved?

Everyone! In the early years of Healthy Eating Week it was specifically for schools and pupils, but it has since grown in to a Week that is suitable for all. From early-years settings and schools to workplaces and community groups – there is something for everyone!

How can I get involved?

- **Register** to join Healthy Eating Week and to receive regular updates: www.nutrition.org.uk/healthy-eating-week/register-for-2022/
- Follow us on **Twitter** (@NutritionOrgUK) and **LinkedIn**, share our Healthy Eating Week content and join the conversation using **#HEW22**
- **Share** Healthy Eating Week through your channels with relevant audiences such as schools and employers/organisations.

We hope you enjoy Healthy Eating Week 2022!

