

**NHS Forth Valley Health Improvement Resource Service (HIRS)**  
[www.nhsforthvalley.com/healthpromotion](http://www.nhsforthvalley.com/healthpromotion) Then choose 'Health Improvement Resource Service' for details of how to register and access resources.  
 To order resources from HIRS email: [FV-UHB.HIRS-group-mailbox@nhs.net](mailto:FV-UHB.HIRS-group-mailbox@nhs.net)  
 HIRS Contact: Scott Findlay on 01786 433 867



# Nutrition and Oral Health Resources for Workplaces

## USEFUL WEBSITES

**British Dietetic Association** – The BDA Food Fact sheets cover a range of Nutrition topics. The information is reliable and based on scientific knowledge. These can be used for displays or useful handouts. [www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts)



**British Dental Health Foundation** – Working to improve oral health. This site has details of useful links and information on National Smile Week. [www.dentalhealth.org.uk](http://www.dentalhealth.org.uk)



**British Heart Foundation** – Eating Well @ Work– Site provides practical ideas, tools and information to help organise healthy eating initiatives in your workplace.



[www.bhf.org.uk/HEALTHATWORK/eating-well-at-work.aspx](http://www.bhf.org.uk/HEALTHATWORK/eating-well-at-work.aspx)  
**Change4Life** – Change4Life has loads of healthy eating tips and recipes, and fun ways to exercise. Change4Life can help you and your kids eat well and move more. [www.nhs.uk/change4life](http://www.nhs.uk/change4life)



**Healthy Living Award**– This award rewards catering establishments for dishing up healthier food.



[www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)

**Healthy Working Lives**– Working to improve the health of people working in Scotland. [www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)



**NHS Choices**– Site contains information on conditions, treatments, local services and healthy living. There is a section on Workplace Health. [www.nhs.uk/Livewell/workplacehealth/Pages/Workplacehome.aspx](http://www.nhs.uk/Livewell/workplacehealth/Pages/Workplacehome.aspx)



**Take Life On** - Provides simple steps to healthier eating, being more active and reducing alcohol intake. [www.takelifeon.co.uk](http://www.takelifeon.co.uk)



**World Cancer Research Fund** – Take a look at the six workplace challenges to help inspire you employees to eat better, move more and maintain a healthy weight.

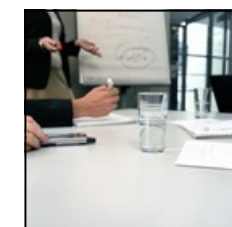


[www.wcrf-uk.org](http://www.wcrf-uk.org) Then search 'workplace.'

This leaflet illustrates some of the workplace nutrition resources which are available. These resources can be either downloaded from our nutrition website below, obtained from NHS Forth Valley–HIRS or accessed via external websites. These resources can be used to promote healthy eating amongst staff in your workplace. If you are planning a one off event or an ongoing activity around food then this will help you plan your event.



## Healthy Working Lives



Log onto our Health Promotion Website for further information on healthy eating and oral health in the workplace and for details of resources and training available:  
[www.nhsforthvalley.com/healthpromotion](http://www.nhsforthvalley.com/healthpromotion)  
 Choose 'Nutrition' then 'Workplace' or 'Oral Health'



Community Dietitians Tel : 01324 673710 or 01786 434046 or  
 Oral Health Team 01786 433876

## Leaflets and Displays



**Healthy Eating Leaflets**—Set of 8 A5 leaflets can be used individually or as a set of 8. These support the Scottish Governments key dietary targets - topics include healthy eating, breakfast, water, fruit, vegetables, starchy carbohydrates, oily fish and salt.

Available from HIRS - NUT 21/L to NUT 28/L or download from Health Promotion Website—'Nutrition' then 'Workplace'.

**Eatwell — Pull Up Banners** — Set of 3 large pull up banners illustrating some key dietary targets. Helping individuals make healthier food choices.

Available to borrow from HIRS (See page 4)—Code NUT 102/K NUT 103/K and NUT 104/K

**Eatwell — Poster** — Available from HIRS in two different sizes: A3 (smallest size) - NUT 21/P and A2 (largest Size) - NUT 22/P



### Sugar Display

Raises awareness of the amount of added sugars in common snack or food treats. The resource can be used as a display or as a quiz to guess the amounts of sugar in common foods and drinks.

Available to borrow from HIRS (See page 4)— NUT 74/K



### Workplace Swap and Save Food Model Display

Contains a range of snack food and drink models. Sugar and fat cubes have been used in the display to illustrate the amount of sugar and fats in the foods and drinks. Highlights how you can swap and save calories, sugar and fat.

Available to borrow from HIRS (See page 4) - WKH 14/K



### Workplace Desktop and Drawer Snack Display

Contains a wide range of healthy snacks which could be kept in your desk at work. The snacks suggested in this display do not have to be refrigerated and could provide ideas for workplace vending machines. This resource also contains photocopiable handouts on snacking.

Available to borrow from HIRS (See page 4) - WKH 12/K

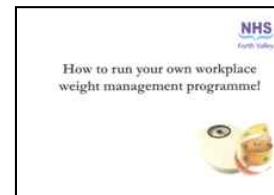
## Teaching Kits and Websites



### Eatwell Activity Floor Mat and Food Models

This resource is used to promote healthy eating messages, the pack contains a large plate model floor mat and plastic food models.

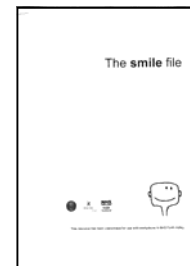
Available to borrow from HIRS (see page 4) - NUT 73/K1  
South Asian Eatwell Display - NUT 100/K



### How to run your own Workplace Weight Management Programme

This workplace weight management programme has been designed to support workplaces who wish to run a weight management course for their staff. It aims to give those facilitating the course, whether they have a healthcare background or not, the confidence to plan and deliver weight management sessions within their workplace.

Download from Health Promotion Website—'Nutrition' then 'Workplace Nutrition' page.



### The Smile File

The Smile File is a web-based resource giving advice, ideas and information on oral health and good nutrition in the workplace.

Download from Health Promotion Website—'Nutrition' then 'Workplace Nutrition' page.



### Choose to Lose... and keep weight off for good!

[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)



Encourage staff to visit this weight management website for practical tips and ideas on how to start losing weight, eating well, getting more active and keeping motivated. The site has downloadable resources and self monitoring worksheets to help keep you on track. The website contains information on local exercise classes, walks, cycle routes and has a range of mobile apps to help you monitor your weight loss journey.



For further information email [pamela.murray1@nhs.net](mailto:pamela.murray1@nhs.net)