

Healthy Eating Week 2024

Give it a Go!



What's happening this week?



Get at least 5 A DAY

Fresh, frozen, dried and canned all count



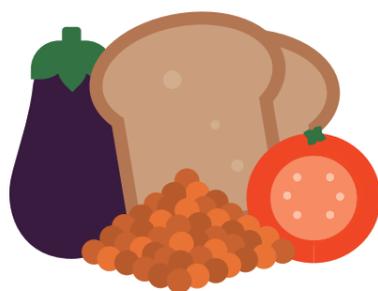
Stay hydrated

Have about 6-8 drinks a day



Move more

Be more active every day



Focus on fibre

Have wholegrains, fruit, veg and pulses



Reduce food waste

Shop, cook and eat wisely

Let us know what you'll be doing for Healthy Eating Week 2024 @NutritionOrgUK #HEW24