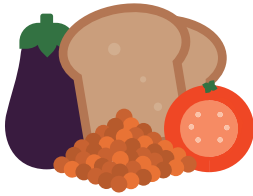


Healthy Eating Week – For Everyone!

# Register now for Healthy Eating Week

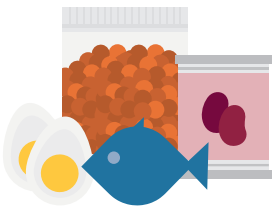
12-16 June 2023



Focus on fibre



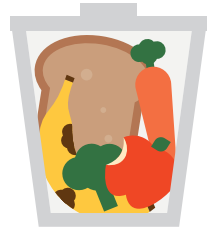
Get at least 5 A DAY



Vary your protein



Stay hydrated



Reduce food waste

We are creating free resources to help you run your week, including activity packs, posters, health trackers, certificates and online events.

**Register for free at [www.healthyeatingweek.org.uk](http://www.healthyeatingweek.org.uk)**

It's a great way to show that you value and support healthier lifestyles!

