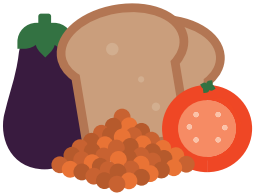
Healthy Eating Week | British Nutrition Foundation

Eat well for you and the planet!

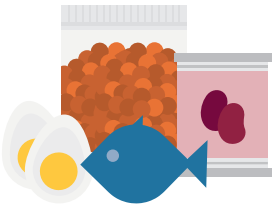
Register now for Healthy Eating Week

13 -17 June 2022



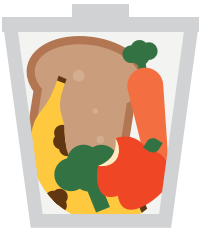
Focus on fibre

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

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

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