



SEIZE THE MOMENT DELIVER THE FUTURE

HCA National Leadership and Development Forum 2017

6-7 April 2017 | Europa Hotel Belfast



Delivering the Future Through a Healthier Workforce.

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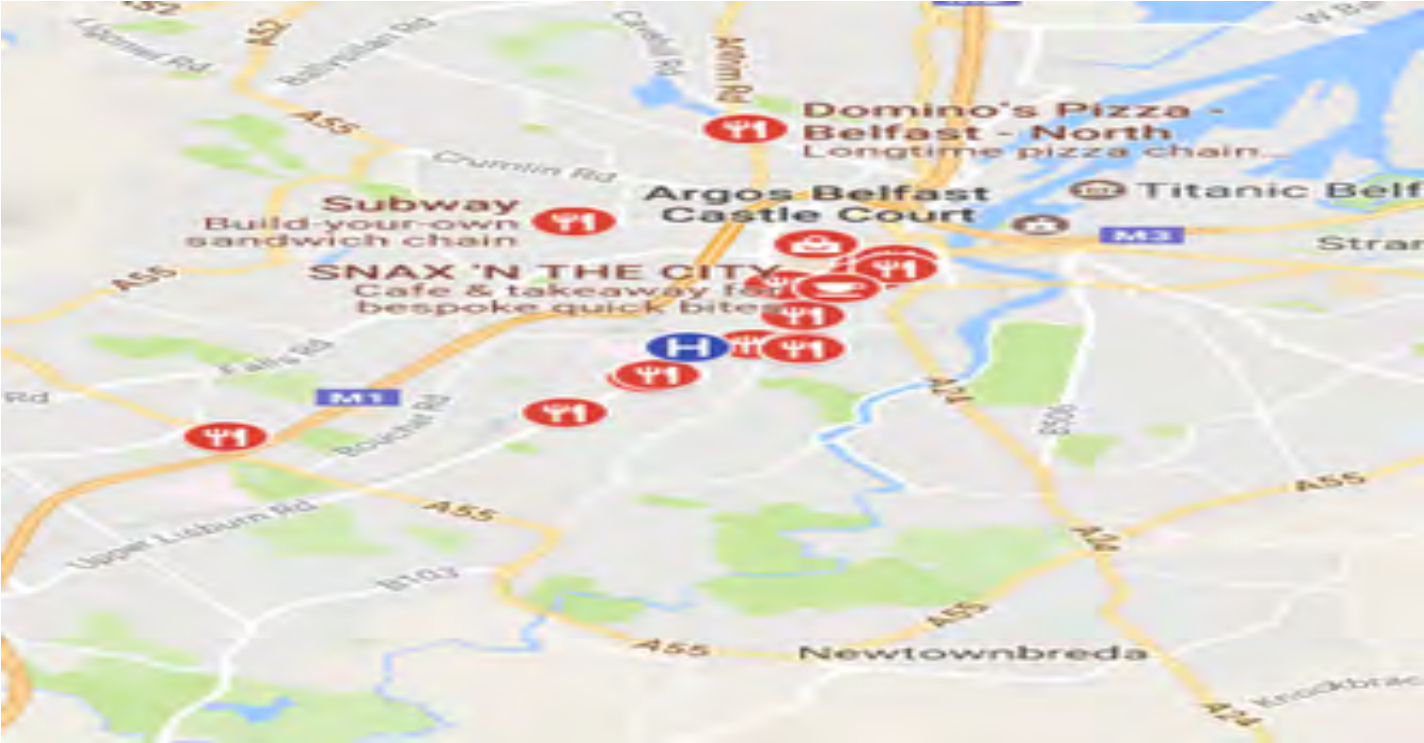


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Captive Audience

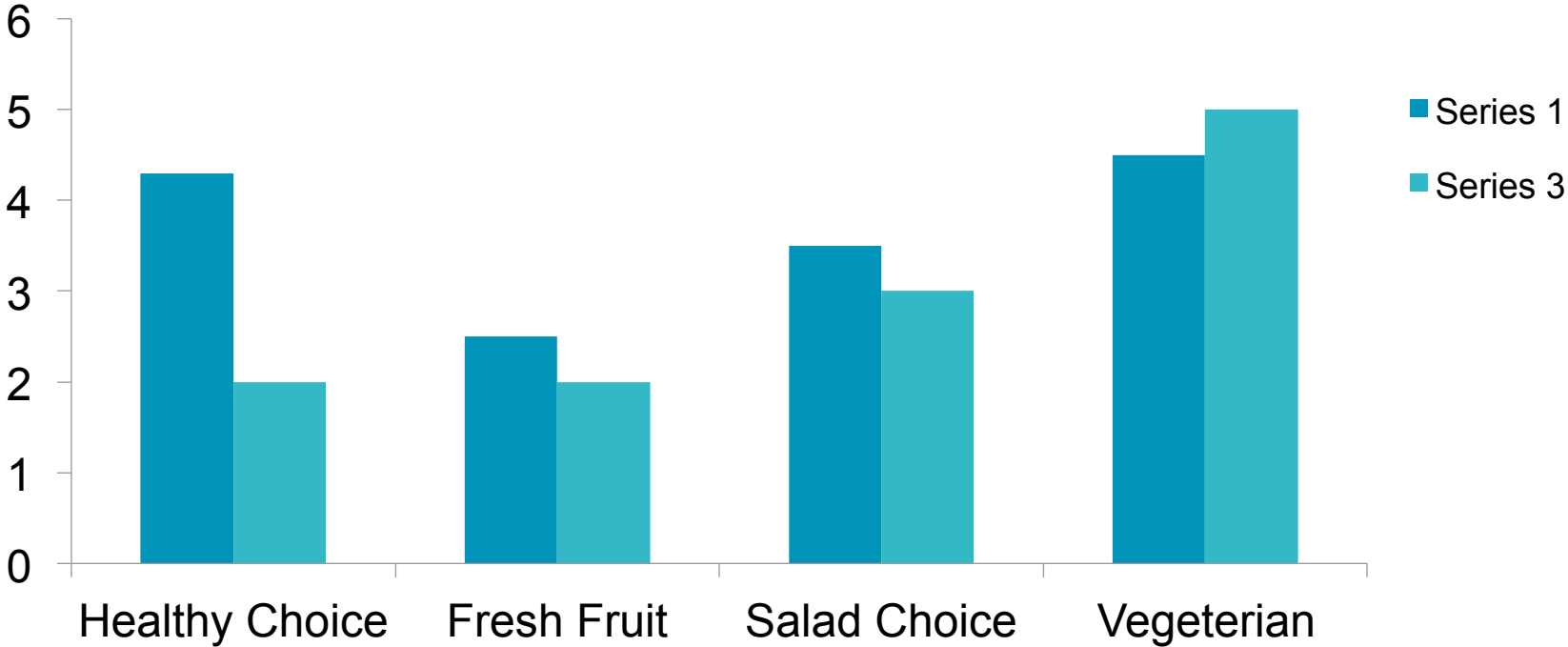


Another juggling act



- **H**ACCP
- **E**-Coli
- **A**llergens
- **L**isteria
- **T**ime restraints
- **Y**our Choice

KPI / Survey / Guideline



Dining Rooms V's Information Areas



- POSTERS
- INFORMATION STANDS
- TABLE-TOPPERS
- HEALTH FAIRS
- THEME DAYS



food4U

Here are the steps we are taking to make our menu healthier for you...

OUR PRODUCE

- We use local suppliers for meat, milk, bread and seasonal fruit and vegetables
- Lean cuts of meat are used in our dishes
- We stock a range of low fat dairy products and unsaturated spreads.

OUR COOKING

- We cook with unsaturated oil and grill or bake many of our dishes
- We use low-fat dairy products in our recipes
- We add a variety of fresh vegetables.

OUR MENU

- Higher fibre cereals and porridge are available daily
- Look out for our grilled/baked/poached options as an alternative to fried foods
- A choice of salads and fresh fruit is available daily.

YOUR CHOICE

- Why not...
 - Swap your side from chips to a jacket potato, rice or salad
 - Choose wholegrain bread to boost your fibre intake
 - Add an extra portion of vegetables to your meal
 - Swap sugary fizzy drinks for water.

*Women need around 8,400 kJ or 2,000 kcal a day, and men around 10,470 kJ or 2,500 kcal a day.





Inform Our Customers:

■ OUR COOKING

- We cook with unsaturated oil
- We grill or bake many of our dishes rather than frying
- We use low-fat cheese and semi-skimmed milk in our recipes to reduce the fat content
- We add a variety of fresh vegetables

■ OUR MENU

- Higher fibre cereals and porridge are available daily
- We offer a portion of fruit, vegetables, salad or Bottle of Water in MEAL DEALS
- We offer an alternative to chips everyday
- A choice of salads and fresh fruit is available daily



The Pull up stand also Gives some advice



- low fat spread available as well as butter
- Why not add an extra portion of vegetables
- ‘Swap your side’ from chips to a jacket potato or side-salad to reduce the fat and add extra fibre
- Swap to wholegrain bread to boost your fibre intake
- For something sweet we have a variety of low fat yoghurts and fruit salads to finish off your meal and help you get closer to ‘5-a-day’ recommendation
- Swap sugary fizzy drinks for water



To Make an Informed Choice



Health Fairs / Theme Days



Table-Toppers



Relevant include Catering and Trust advice



As a Trust we are committed to improving employee health and wellbeing by providing employees with support and information on a wide range of health and wellbeing issues.



5 Themes



Eat Well



HOW HEALTHY IS YOUR DIET?

Check out this quick and easy questionnaire from enjoyhealthyeating.info



HOW HEALTHY IS YOUR WEIGHT?

To find out, try this healthy weight calculator from NHS Choices



EIGHT TIPS FOR HEALTHY EATING

Eating a healthy, balanced diet isn't rocket science – get top tips from NHS Choices



LOOKING FOR SOME INSPIRATION?

Check out these healthy and delicious recipes from NHS Choices





Eating is only Part of a Healthy Lifestyle this needs to be married with Activity



BODY

- **Boxing**
- **Dance**
- **Football**
- **Pilates**
- **Tai Chi**
- **Yoga**
- **Zumba**

MIND

- **Choir**
- **Drama**
- **Photography**
- **Guitar lessons**



PCSS Foot-Ball Team



Our Ethos;



- KEEP IT SIMPLE
- DON'T OVER THINK IT
- PROVIDE A CHOICE – LiNK with Patient Menu
- TAKE NOTE OF THE INFORMATION:
 - DOESN'T SELL, REMOVE IT
 - GOOD SELLER, INCREASE IT

