

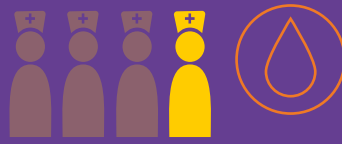
A LOOK AT NURSES' ACCESS TO FOOD AT WORK

The Healthy Weight Initiative for Nurses (WIN.)

The Issue



1 in 4 do not have enough time to get to the canteen and eat a meal during their 30-minute break



1 in 4 do NOT have access to drinking water when needed



1 in 4 have no dedicated place to sit and eat food



1 in 3 must eat where staff change and drugs are stored

What do they eat?

Most nurses bring their own food to work but will:



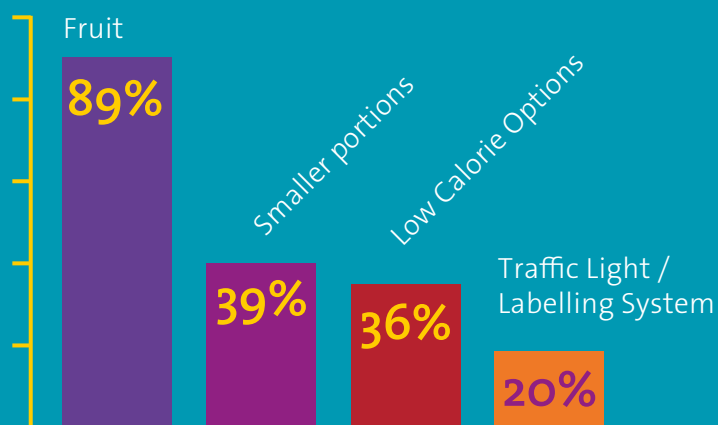
Choose food from vending machines when **stressed**



Eat **cakes and biscuits** given by relatives

What nurses say would make a difference

Availability of **healthy food options** in the canteen → What would make **a difference?**



66%
free fruit

59%
subsidised healthier options

54%
protected meal times

34%
healthy food outlets

Why does food at work matter



Reduces fatigue



Major part of dietary intake



Maintains blood sugar levels on long shifts



Factor to enable a healthy weight



Provides a break