

SNACK SMART:

Healthy Options for Work

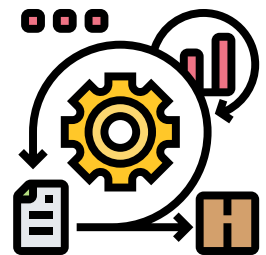
INTRODUCTION:

In this presentation, we will explore the importance of regular snacking to maintain energy and focus throughout the workday, as well as the benefits of choosing nutritious snacks over processed and high-calorie options.

We will also discuss practical tips for planning and preparing healthy snacks, as well as ideas for tasty and satisfying options that can be enjoyed at the office.

Content Outline:

- Understanding the importance of healthy snacking
- Identifying healthy snack options
- Preparing and storing healthy snacks at work
- Tips for avoiding unhealthy snack choices
- Incorporating healthy snacking into a busy schedule



Methodology:

This presentation will include a combination of lectures and interactive activities to engage attendees. There will be opportunities for attendees to ask questions and share their own experiences and tips.

Conclusion:

By the end of this session, attendees should have a better understanding of the importance of regular snacking to maintain energy and focus throughout the workday, as well as the benefits of choosing nutritious snacks over processed and high-calorie options.

They should also have gained knowledge about practical tips for planning and preparing healthy snacks and ideas for tasty and satisfying options that can be enjoyed at the office.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

