

Nutrition and Hydration Week



“Making a difference every day”

November / December 2018

Season's Greetings

We wish all of our supporter's seasons greeting from the three of us, and wish you all a wonderful holiday period and a prosperous new year.

To all of you who are working over the holiday period, on behalf of those you care for a massive thank you.

IDDSI Webinars

Thank you to all those of you that registered. We still haven't received our IDDSI kits yet, they are still stuck in the Canada Post system following their strike. If you asked for one, we'll send it out to you when it arrives.

In case you couldn't join the very informative webinar, here is the link for the recorded IDDSI webinar

<https://attendee.gotowebinar.com/recording/6317353303956690955>

Suppertime Tuesday

Thank you to those of you who utilised the Suppertime Tuesday, in the last week of November.

It was good to see your Tweets and Facebook activity demonstrating your good practices with others.

Merchandise for 2019

We have decided that the promotional packs this year, following your feedback will contain the following:

- Curvy Pens
- Button Badges
- Nutrition Champions Badges
- Sticky Note pads
- Balloons
- Lanyards

To obtain your Merchandise pack, please send us your email to nhweek@yahoo.co.uk

We will have 100 packs available and hopefully these will be dispatched in early January so you have them in time for the week. Each pack will have around 100 items in.

It is thanks to the week's sponsors that we are able to let you have these for free.

Don't delay send your details today ... once they are gone, that will be it for another year!

Posters

In addition to last year's posters we have added some more especially for your Hydration Stations and for Protected Mealtimes.

These can be downloaded now from the NH Week website <https://nutritionandhydrationweek.co.uk/resources/>

Focus Days to further build awareness

Big Breakfast

21st January 2019

A reminder to start the day as the New Year with a hearty breakfast.

Thirsty Thursday

13th June

Leading up to the warmer days and the requirement for a reminder on the need to properly hydrate

Fruity Friday

20th September

All things bright and beautiful, its harvest time for a lot of British produce apples, pears berries etc.

Tasty Suppers

26th November

A reminder for hearty nutrition in the winter months including warm cosy hot milky drinks

Newsletter Circulation

Email - 2 270

Twitter - 4 049

Facebook - 970

LinkedIn - 158

Website

You can find a myriad of information on the website at www.nutritionandhydrationweek.co.uk

Social Media

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

Thank you to our sponsors for their support of the week

