


# FOOD AND NUTRITION WEEK



Date	Activity	Location/Time
<b>Wed 28 Jan</b>	<b>Life Water sampling</b> Life Water will have small engagement sessions at their stands with information and products available.	The Atrium 10:00am - 2:00pm
<b>Thurs 29 Jan</b>	<b>Nutritionist visit</b> A nutritionist will be available to offer advice on healthy living. A smoothie bike will also be used for demonstrations.	The Atrium 10:00am - 4:00pm
	<b>Riverford Organic Vegetable Supplier</b> Riverford will supply and showcase organic vegetable boxes.	The Atrium 10:00am - 2:00pm
	<b>Quorn</b> Quorn will host a stand in the Atrium offering food samples and nutritional information about their products.	The Atrium 10:00am - 2:00pm
<b>Fri 30 Jan</b>	<b>Chef's Salad Theatre</b> Chartwells Chef will be preparing fresh and vibrant personal bowl salads with a choice of dressings and warm protein items.	The Atrium or Refectory 12:00am - 2:00pm
	<b>Menu Options Throughout the week</b>	
<b>Mon 26 Jan</b>	<b>Meat free Monday</b> A Flexitarian food concept that does not include meat.	STREAT Counter, Poole House
<b>Tues 27 &amp; Thurs 29 Jan</b>	<b>Vegan Soups available</b>	Talbot Campus
<b>All week</b>	<b>Salad and smoothie promotion</b>	Talbot Campus & Executive Business Centre
<b>All week</b>	<b>'Healthy Options' highlighted on weekly menus</b>	Talbot Campus & Executive Business Centre