



what you eat.

workplace celebration guide for national nutrition week.

Celebrate National Nutrition Week in your workplace with simple, enjoyable activities that bring people together around food.

This year's Love what you eat theme encourages us to slow down, appreciate food, connect with others, and enjoy the many ways food supports our wellbeing.

Here are some easy and inclusive ideas to help your workplace get involved.

host a team potluck lunch.

Invite staff to bring a dish to share with colleagues.

You could encourage team members to bring:

- A family favourite recipe
- A dish that represents their culture or heritage
- A meal that reminds them of home
- A recipe they enjoy preparing

Tips for success:

- Create a sign-up sheet to avoid duplicates
- Clearly label ingredients and common allergens
- Provide serving utensils and storage for hot and cold foods
- Encourage a variety of dishes

**invite your team with the ready-to-use
potluck lunch email template on the
next page!**



host a team potluck lunch.

potluck lunch email template.

Subject: Join us for a National Nutrition Week Potluck Lunch!

Hi all,

National Nutrition Week is coming up, and this year's theme is Love what you eat by the National Nutrition Foundation.

To celebrate, we're inviting everyone to join us for a team Potluck lunch.

Food has a unique way of bringing people together. Whether it's a family recipe, a favourite meal, or a dish that represents your culture or traditions, we'd love for you to share something you enjoy with your colleagues.

Potluck lunch details:

Date: [Insert date]

Time: [Insert time]

Location: [Insert location]

If you'd like to participate, please bring a dish to share. This could be:

- A family favourite
- A cultural dish
- A recipe you enjoy making
- A meal that reminds you of home

Please remember to label your dish with the ingredients used and any common allergens to help everyone participate safely.

We hope you can join us as we celebrate National Nutrition Week and take some time to connect, share, and Love what you eat.



host a morning tea or picnic.

National Nutrition Week is the perfect opportunity to take a break, connect with colleagues, and enjoy food together.

A shared morning tea is a simple and inclusive way to celebrate this year's Love what you eat theme. Whether staff bring a plate to share or simply gather over a cup of tea or coffee, taking time to connect can help create positive conversations and strengthen workplace relationships.



[download the conversation cards here!](#)

make planning your morning tea or picnic easier with the catering for good directory.

The [Catering for Good Directory](#) can help you find catering providers for a range of workplace events, from small morning teas to larger team gatherings.

Discover catering providers that support people, the environment, and local communities. Explore the menu options listed on each caterer's page to find the right fit for your workplace celebration.

create a recipe book.

Invite your team to share a recipe they love and create your very own workplace recipe book.

Food can bring people together through family, culture, traditions, memories and shared experiences. A workplace recipe book is a simple way to celebrate the foods your team enjoys and the stories behind them.

Whether it's a family favourite, a recipe passed down through generations, or simply a meal you never get tired of, everyone has a recipe worth sharing.

How it works:

1. Invite your team to contribute
2. Collect the recipes
3. Create your recipe book
4. Share it with your team



invite your team to share their favourite recipes with the ready-to-use email template on the next page.



download our editable recipe book template [here!](#)

create a recipe book.

recipe book email template.



Subject: Help us create our Love what you eat recipe book

Hi all,

National Nutrition Week is coming up, and this year's theme is Love what you eat by the National Nutrition Foundation!

To celebrate, we're creating our very own workplace recipe book and we'd love for you to contribute a recipe you love.

It could be:

- A family favourite
- A recipe passed down through generations
- A dish connected to your culture or traditions
- Something you love making for friends or family
- Or simply a meal you never get tired of!

Along with your recipe, we'd love to hear why you love it. Is there a special memory, person, place or tradition connected to it?

How to contribute

Simply submit your recipe using the form: [\[Insert recipe submission link\]](#)

Please include:

- Recipe name
- Ingredients and method
- Why you love the recipe
- Any story, memory or tradition connected to it
- A photo of the dish, if you have one

Please submit your recipe by [\[insert date\]](#).

We'll bring everyone's contributions together into a digital Love what you eat workplace recipe book to share with the team.

We can't wait to see the recipes and stories that make our workplace special!

make it your own.

There are lots of ways to celebrate National Nutrition Week in your workplace. You don't need to do everything: choose an activity that works for your team, your workplace and the time you have available.

Whether you share a meal, gather for a morning tea or create a recipe book together, the focus is on taking time to connect, share food experiences and celebrate the foods we love.

keep the conversation going.

National Nutrition Week is a great opportunity to bring people together and start conversations about food, connection and the experiences that make food meaningful.

However your workplace chooses to celebrate, we'd love to see it. Share a photo, story or snapshot of your activity and tag

don't forget to tag.

 @nationalnutritionfoundation

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 National Nutrition Foundation

#LoveWhatYouEatNNW
#NNW2026

