



FOOD CHOICE AT WORK!

Food Choice at Work (FCW) www.foodchoiceatwork.com is the first spin-out company from the School of Public Health in UCC <https://www.ucc.ie/en/publichealth/>. Resting on over 6 years of scientific research led by Dr Fiona Geaney and Professor Ivan Perry, the company's focuses on employee centric methods which have been proven to improve employees' diet and health and reduce obesity and absenteeism levels.

Fiona first developed Food Choice at Work (FCW) under the supervision of Professor Ivan Perry as part of her doctorate training in public health nutrition within the School of Public Health. FCW was successfully commercialised in 2015 as a spin-out company from UCC and now operates as an evidence-based, leading edge healthy eating management system for employees in both the private and public sector. Current clients range from SMEs to multi-national corporations.

FCW work directly with caterers, workplace stakeholders and employees to make fundamental positive changes to food purchasing, preparation and presentations. The employee centric methods used by FCW have been proven to improve employees' diet and health and to reduce obesity and absenteeism.

FCW are informed by the World Health Organisation's Global Action Plan for the prevention of diseases <https://bit.ly/2tyQEkw> such as cardiovascular disease, cancers and diabetes. The evidence-based programme is strongly driven by ongoing scientific research; with over twelve peer reviewed academic publications relating to FCW published to date.

If you would like to know more, please visit www.foodchoiceatwork.com

