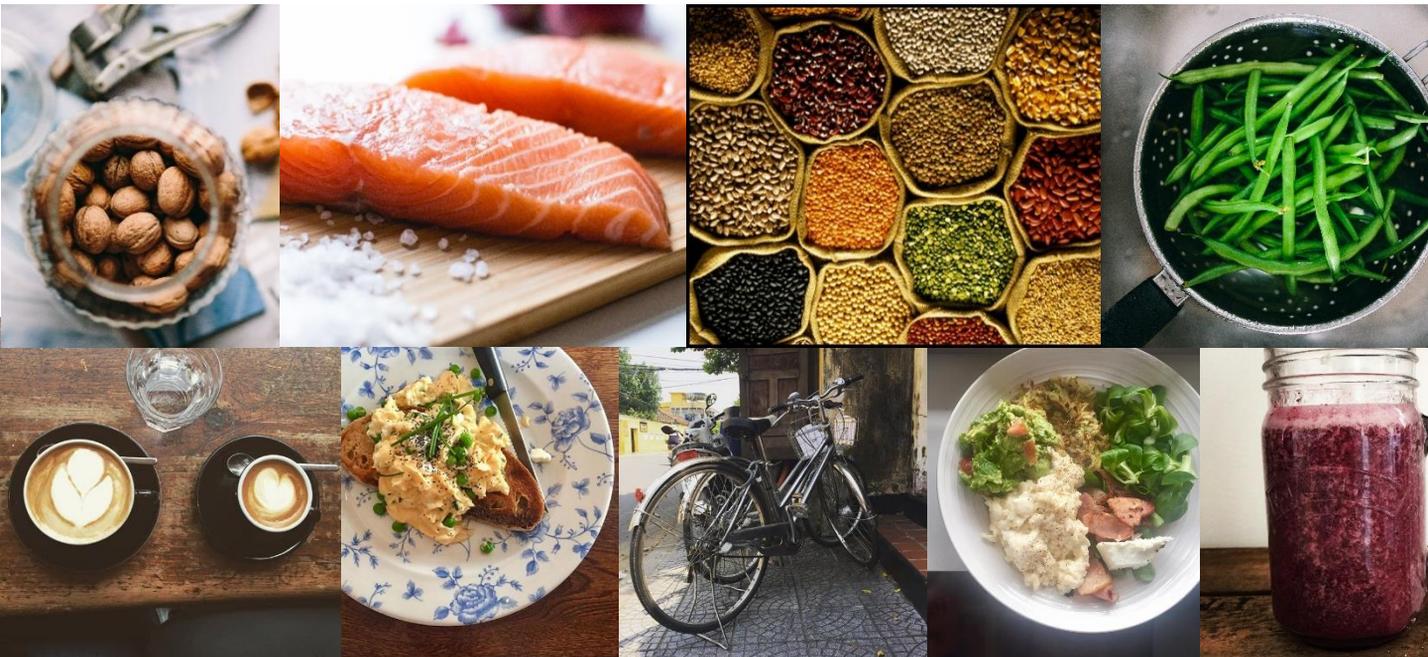


The **FOOD BOSS**

Corporate Nutrition Service Brochure



Kate Law aka The Food Boss is Hertfordshire's leading nutrition consultant, providing innovative expert advice on optimal health, weight loss, habit building and workplace wellness.

"My philosophy is to help people fall in love with food again. For far too long there's been too much nitpicky negativity about what we eat. Food should be something we relish. It should be at the heart of our social lives and as well as being delicious, it should be nourishing. It should form part of our lifestyle in the most positive way we know how."

Why choose The Food Boss?

Many of the media headlines reported in today's press and on social media are sensationalized and fearmongering for the UK population. Further to this, the UK Government guidelines on nutrition add more confusion as they simply aren't aimed at real life situations and are somewhat unrealistic. They are based on population health when what people need is individual advice suited to their lifestyle.

Would it surprise you that people are still confused if cow's milk is superior for human health than the plant-based alternatives now commonly purchased as a "healthier option"? Or that there really is no "best diet" for human health? And now, in 2020, the main question arising is can our nutrition protect us against a global pandemic?

The challenge with workplace wellness and corporate nutrition initiatives is they are often delivered by those without credible education and bias towards their own beliefs rather than presenting the actual scientific facts.

- * The Food Boss is a business built on **delivering up to date science messages.**
- * **Kate's experience working within a corporate environment** in both senior nutrition and director level roles gives her the **understanding of what's important for employees to perform optimally at work.** Whether that be in an office environment or at home.
- * Kate is **qualified to degree level** as a nutritionist and **accredited** with the Association for Nutrition. She is **further certified** as a nutritionist with Mac-Nutrition.
- * The need for **interactive and engaging talks** that **motivate and inspire** attendees is key. Boring is not part of our vocabulary.
- * There is **not a one size fits all** approach when it comes to health so providing information which allows your employees **to make the best choice for them, their health and their families is important.**
- * **Unpicking the myths** that surround us daily when it comes to what we really should be eating is a **focus of every service.**

Services

Kate's background in the corporate environment means she understands that every business is different as are the nutrition requirements for every single individual. To try and accommodate as many areas as possible there are five core services that can be accessed individually or as a package.

CORE SERVICES

1. The Food Boss workshop
2. 45-minute online talks
3. Video 1-2-1 clinics
4. The executive package
5. TFB snack packs

Additionally, for businesses that are very aware of what they want, a bespoke service or talk can be created based on a specification and budget.

Alongside any of our services we will also provide the presentation and any supplementary flyers which can be kept by attendees.

All service prices within this brochure are individually listed. However, if you opt for multiple services, discounts can be offered on a case by case basis.

Invoices will be issued upon booking and are requested to be paid upfront.

Chris Fleetwood, Development Director, Landsec

"Kate provided nutrition workshops/Q&A sessions to work alongside corporate bootcamps I was running. Each session was different and well thought through. The response from attendees was enormously positive. She makes nutrition easier to understand, with achievable strategies to apply to everyday life."



This is our most popular talk and is one that has and will continue to be developed based on the feedback we have received over the last 3 years. This talk is always delivered by Kate Law and lasts 1.5-2 hours all depending on question time! It can also be broken down into two shorter sessions if you would prefer to split it throughout the day.



This talk is currently delivered by video conferencing software such as Zoom or Microsoft Teams. It is a motivational talk, which engages the audience and empowers them to make real life changes. This talk aims to leave individuals with the knowledge and tips to make meaningful change at home and at work.

What this talk includes:

- **Myth busting quiz designed to re-educate attendees**
- **Information on energy balance and optimal food choices**
- **Supplements for everyday life**
- **How to build a new routine working from home**
- **Nutrition and it's relationship with Covid-19**
- **Question & answer session**

Recommended: This workshop crosses all aspects of nutrition for general health and corporate performance. It can be tailored to your business environment, industry and your employee's level of activity.

Logistics: Minimum 5 employees per workshop.
Access to video conferencing software.





The talks below are just a small selection of the most popular topics.

However, if you have a specific area you would like covered, we can create and deliver a bespoke service on any area of nutrition, health and wellness.

Talks on offer:

- **Nutrition myth busting**
- **Nutrition and Covid -19, what does the science tell us?**
- **Working from home – how to build good nutrition habits, stay hydrated and eat mindfully**
- **Corporate nutrition – Optimal health** (preventing issues associated with desk-based work (e.g. obesity, heart disease, diabetes etc.)
- **Evidence based weight loss and maintenance**
- **Practical family nutrition**
- **Food and mood, how food plays a role in mental health**
- **Sustainable nutrition**

Recommended: For companies who have highlighted a specific area of need with regards to improving health or workplace performance.

Logistics: Minimum 5 attendees per workshop.
Access to video conferencing software.
Discounts are available if multiple talks are selected.



This option allows you to provide 1-2-1 consultations, via video call for your employees. This service provides bespoke nutrition advice for each individual, based on their situation and needs.

Employees can share food diaries, blood work and other recommendations they may have had to get instant feedback and specific advice on these. These sessions are also great because they provide a private space for the employee to discuss matters which may be personal for them.

Please note that for 121 consultations such as these, specific food plans are not provided due to the time constraints of such a service. See 'The executive package' for personalised nutrition plans.

Recommended: This service suits companies who want to invest in the health of their employees by providing them the opportunity to talk to a nutrition professional about any specific issues relating to their health and diet. This is seen as a benefit to employees that will promote morale and therefore staff retention.

Logistics: This service requires access to video calling software such as Zoom, Skype or Facetime. Every individual undertaking this service will be required to complete a pre-consultation form which remains private and confidential. Each consultation will be 45 minutes in length and employees will receive a write up of detailed notes via email within 72 hours. All information is private and confidential between the practitioner and employee.

Vicky, 121 client

"When I first reached out to Kate I was feeling pretty low and confused. I suffer from PCOS, but my weight had never been one of the symptoms. Kate was amazing she really listened to everything I had to say, looked at my diet and then recommended a number of easy swaps as well as adding supplements (something I'd never tried before)."



This is the most comprehensive corporate service which offers bespoke nutrition support for key employees.

The service is entirely individualised to suit the specific needs of the individual whether that be maximizing cognitive performance whilst dealing with limited sleep or correcting issues associated with inactivity or poor diet such as high cholesterol, high blood pressure and obesity.



What this service includes:

- **1 x 60-minute initial consultation**
- **3 x 45 minute follow-up consultations, with supporting notes over a 4 month period**
- **Personal nutrition plan plus meal options**
- **Direct communication via email throughout for questions, changes and support**
- **Personalised supplementation recommendations**

Recommended: For key employees whose workplace performance has a large impact on the company's success. Also suitable for employees who have specific health issues that need rectifying. This is seen as a benefit to employees that will promote morale and therefore staff retention.

Logistics: This service requires access to video calling software such as Zoom, Skype or Facetime. Every individual undertaking this service will be required to complete a pre-consultation form which remains private and confidential. All information is private and confidential between the practitioner and employee.

Cristina Covello, Marketing & Strategic Projects Manager, Fooditude

fooditude
FEED YOURSELF HAPPY

"Kate provided workshops at two of our client sites and in our own production kitchen on the topic of food and nutrition and how it relates to mental health. She is a credible source of knowledge and advice and gets her message across in a fun way."

After being asked about snacking a number of times by clients, The Food Boss snack pack was born! This is a one stop shop to encourage individuals to eat a wide variety of foods, learn about portion sizes, take the right supplements and generally enjoy snacking rather than worry about it. This pack is the perfect boost for employers looking to give that extra something to their team.

The Snack Pack arrives by post so can even be kept as a surprise for your employees. It also makes the perfect add on to any corporate group talk or 121 session.

Previous attendees have commented that once they are physically given these foods and are able to swap them for their usual options, they are much more likely to make the effort to add them to their shopping list!

TFB Snack Pack

(£22/pp)

1 x protein bar

3 x whey or vegan protein sachets

Lucky dip snack

1 x tub of vitamin D3 tablets

3 x recipe cards

Recommended: For companies wanting to give that little bit extra to their employees.

Logistics: An order form will be completed with details of how many packs are required, for whom and postal addresses. Delivery date will be confirmed on receipt of payment.

Should you like to discuss any of the services contained within this brochure please do not hesitate to get in touch.

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Phone: +44 (0)7757 951 509

I look forward to hearing from you very soon.