



medway
can
**Employer
Engagement
Pack**
2023

Welcome!

to the Medway Can Employer Engagement Pack

We're helping businesses support their employees to be more active and eat healthier during the working day because a healthier workplace is a happier workplace.

We want employees to feel empowered in work, that's why we need business leaders to encourage positive exercise and eating habits to the people they work with and their wider networks.

Inside you'll find lots of useful resources, prompts for employees, a staff bulletin, ideas on how to be more active and healthy eating recipes.

Small changes make a big difference, so
let's get Medway moving!

#MedwayCan



4 x Key messages social graphics

Sizes for Facebook, Instagram & Twitter



4 x Calls to action social graphics

Sizes for Facebook, Instagram & Twitter

LinkedIn posting



We're encouraging our employees to go on lunch-time walks as part of the Medway Can healthy lifestyle campaign.

A quick stroll can have massive benefits to people's physical and mental health.

Discover more:
medwaycan.com/employer-engagement-pack

#MedwayCanWork #MedwayBusiness



A good company supports their staff inside and outside work.

We're helping our staff eat healthier as part of the Medway Can campaign.

Discover more:
medwaycan.com/employer-engagement-pack

#MedwayCanWork #MedwayBusiness



A healthier workplace is a happier workplace.

That's why we're backing the Medway Can campaign.

Discover more:
medwaycan.com/employer-engagement-pack

#MedwayCanWork #MedwayBusiness

3 x Social media captions

to accompany images with supporting text



We're committed to helping our staff stay fit and healthy!



We support the health and wellness of our employees.

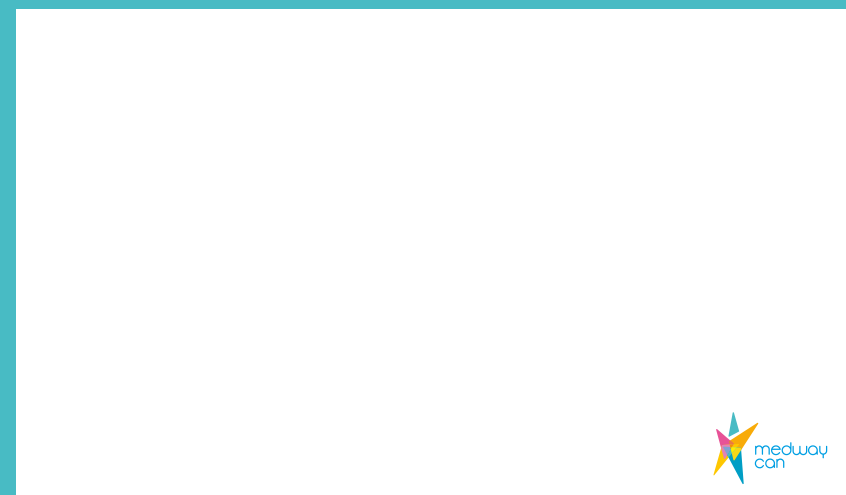


We're helping our employees on their health journey.

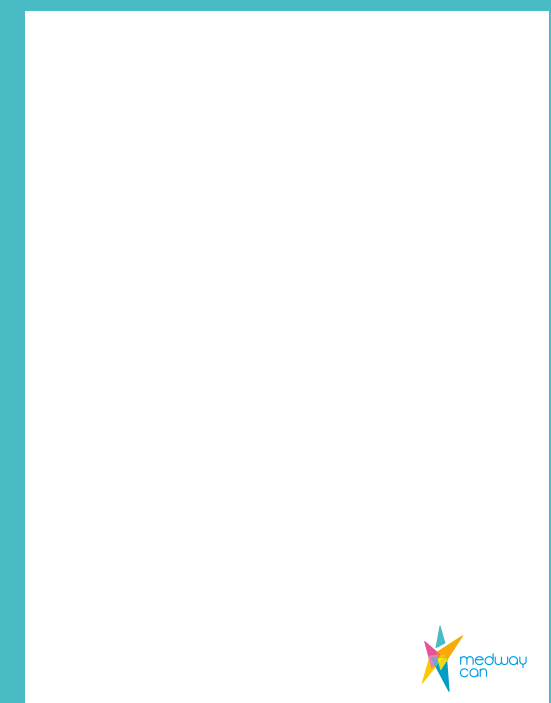
2 x Empty belly posters

1 x portrait, 1 x landscape

Let's get Medway moving!



Let's get Medway moving!



1 x Email footer

Let's get Medway moving!
Find out more at: medwaycan.com



1 x Teams/Skype background



2 x Testimonials

1 x employer and 1 x employee

“

“There are ways in which you can eat healthy and live healthy. This is about Medway, the people and the place – and making sure people recognise that we are here for them.”

James Williams,

Director of Public Health, Medway Council

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“

“Food not only effects our physical health but our mental health as well - so we've provided some family friendly recipes and most things in there can be adapted to suit your taste.”

Fiona Evans,

Food and Nutrition Project
Manager, Medway Council

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9 x Healthy eating graphics

Sizes for Facebook, Instagram & Twitter



8 x Recipe cards

Name of dish: Sage Chicken with Vegetables in Creamy White Sauce

Ingredients

- 2 x 125 gr chicken fillet/breast (£1.20)
- 250 gr single cream or yogurt (£0.65)
- 3 mushrooms finely chopped (£0.15)
- ½ red onion finely chopped (£0.10)
- 1 tbsp oregano (£0.08)
- 300 gr penne pasta (£0.50)
- 2 cloves of garlic finely sliced (£0.04)
- 100 ml regular or low salt veg stock (£0.35)
- bunch parsley leaves (£0.07)
- 1 tbsp olive oil (£0.35)
- 80 gr parmesan cheese (£1.25)*

Method

Step 1

Dice the chicken breast into cubes. In a bowl place the chicken and season with sage, oregano, salt & pepper, mix the chicken well and leave to one side.

Add water into the pot, add a pinch of salt and let it reach boiling point. To the boiling water add the pasta and cook for 8/9 minutes (al dente) and drain the water.

Step 2

In another pan add olive oil with garlic and put it on medium heat. To the pan add seasoned sage chicken, red onions, and mushrooms and cook for 5 minutes stirring occasionally then add vegetable stock to deglaze the pan.

When the pasta is cooked strain pasta using a strainer but keep some of the pasta water.

Step 3

Add pasta to the pan that's cooking, take a couple of ladles of the pasta water and add to the pasta. Continue to stir the pasta and now add the cream, season to taste, cover and reduce for 5 minutes on low heat.

Finishing touches

Add a further couple of tablespoons of the pasta water and if a more creamy texture is desired add more cream, mix and continue to stir.

Stack parsley leaves, roll and slice finely. Turn the heat off, add the sliced parsley, mix and serve.

Additional notes

*alternatively, use cheddar

Serves 2

Approx cost of dish:
£3.07 with stock
£4.32 with parmesan cheese

Cheese Allergens: Gluten, Lactose, Sulphates, Wheat

medwaycan.com

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5 x Activity ideas

How to be more active and eat healthy in the work place

1

Lunchtime walks are a great way to get exercise and fresh air.

2

Stretches during a quick break helps your physical and mental wellbeing.

3

'Walk to Work Once a Week'. Encourage staff to trade the car for walking into work if they can.

4

'Free Fruit Friday' provide fruit in bowls for the week and allow employees to take home on Friday's for the weekend.

5

The Stairway to Success! Promote taking stairs over the lift as a positive health benefit.

1 x Bulletin

for staff intranet, news section and newsletters

We are committed to the health and wellbeing of all our staff, that is why we are supporting the Medway Can healthy lifestyle campaign.

Whether it's walking to work to avoid the traffic jams or avoiding jam on your toast, we can all make smart swaps in our working lives because a healthier workplace is a happier workplace.

Just ask about the current health initiatives we already have or let us know how we can support you from sponsoring a run to providing more fruit around the office – we're here to help!

We'll be posting fun exercise ideas, delicious healthy recipes for any budget and encouraging people to take pictures to inspire others using **#MewayCan**

And remember to log your physical activity throughout the day - walking, running, even dancing - whatever you do to be more active share your activity at medwaycan.com

Join thousands of people taking part in their health journey and be part of something bigger.

Let's get Medway moving!



1 x Sign posting list

Information on services available in Medway to facilitate being more active

Looking for activities or help with healthy food?
Check out these useful websites below!

Medway Council

www.medway.gov.uk/info/200180/sport_centres

Find out about access to sports centres, facilities, sports classes, lessons, clubs and more.

Everyday Active

www.everydayactivekent.org.uk/communities/medway/

Discover sports classes, sporting activities and walking / running routes in your area.

Five Dinners

www.fivedinners.com

For guidance on how you can eat better and save money on food shopping.

Find all the assets you need [here](#)

Don't forget to log your miles at
www.medwaycan.com

and follow our socials below:

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