



Unilever
Food
Solutions

An Hour For Us

Take your first step
with the Positive
Kitchens Code

An Hour for Us is the first step to creating a happy working environment for everyone. Getting started doesn't have to be complicated: **pick an hour, sit down with your team, and talk through the Positive Kitchens Code.**

What makes a positive kitchen will be different for every restaurant. Listen and discuss with your team to decide what it means to you.

How?

- ☐ Sit down with your team for one hour to go through the Positive Kitchens Code.
What do the values mean to you?
- ☐ At the end the hour, agree small actions for everyone in the room.
Even small changes add up to a big difference.
- ☐ Check in with your team regularly to see how these changes are working in practice.
Is there anything you need to change?
- ☐ Share your experience on social media so others can learn from you.

The Positive Kitchens Code

Togetherness:

We celebrate cultural diversity, fuelling creativity and delivering fresh dining and life experiences.

Empathy:

We lead with empathy, staying open to differences and fostering inclusive, positive kitchens.

Acting as One:

We act as one team, sharing knowledge and passion to achieve collective success.

Mindfulness:

We prioritise mental health, encouraging our team to take the time and space they need.

Speak Up:

We empower everyone to use their voice and stand up for our shared values in Positive Kitchens.