

Sodexo UK & Ireland appoints Kate Hilton as Nutrition and Wellbeing Manager

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[Sodexo UK & Ireland](#) has appointed Kate Hilton as Nutrition and Wellbeing Manager, a newly created role designed to shape and strengthen the company's nutrition strategy across its Government and Energy & Resources business.

In her new position, Kate will lead the development and delivery of Sodexo's health and wellbeing programmes, with a focus on improving nutritional quality across catering services. Her remit includes promoting healthier food choices, creating clear and effective messaging, and embedding nutritional innovation into day-to-day operations.

A registered dietitian, Kate brings extensive experience from both the public and private sectors. She specialises in workplace wellbeing and is recognised for delivering health initiatives that are evidence-based, engaging and practical to implement.

Kate will take ownership of the continued development of Sodexo's Mindful Active Programme, an educational tool providing holistic health and wellbeing guidance to military personnel and those working in remote environments. The programme is designed to support informed decision-making and improve overall lived experience.

She will also lead Sodexo's Military Advisory Group, a forum bringing together industry stakeholders and subject-matter experts focused on health and wellbeing within the defence environment.

Kate Hilton, nutrition and wellbeing manager (Government and Energy & Resources), Sodexo UK & Ireland said: "This is an exciting time to join Sodexo's Government and Energy & Resources business and help advance our nutritional strategy to improve the health and wellbeing of those we serve. I'm especially

looking forward to collaborating with the wider segment team to deliver meaningful, evidence-based solutions that make a real difference.”

Alongside her professional role, Kate is an active health communicator and established thought leader. She regularly shares insights through public speaking and social media and has contributed to advisory panels including the TikTok Clinician Creator Network and the Agricultural and Horticultural Scientific Board for Nutrition.

Paul Anstey, CEO (Government and Energy & Resources), Sodexo UK & Ireland said: “Kate’s appointment reinforces our commitment to delivering innovative, evidence-based wellbeing solutions for our clients and consumers. Her expertise in nutrition and workplace health will be instrumental in shaping programmes that not only meet the highest standards but also make a tangible difference to the communities we operate in.”

Sodexo’s Government and Energy & Resources business supports more than 35 clients across the UK & Ireland, the Falklands and Cyprus, spanning defence, justice, agencies and professional services. The business employs more than 10,000 people and brings decades of experience delivering operational excellence for government organisations.